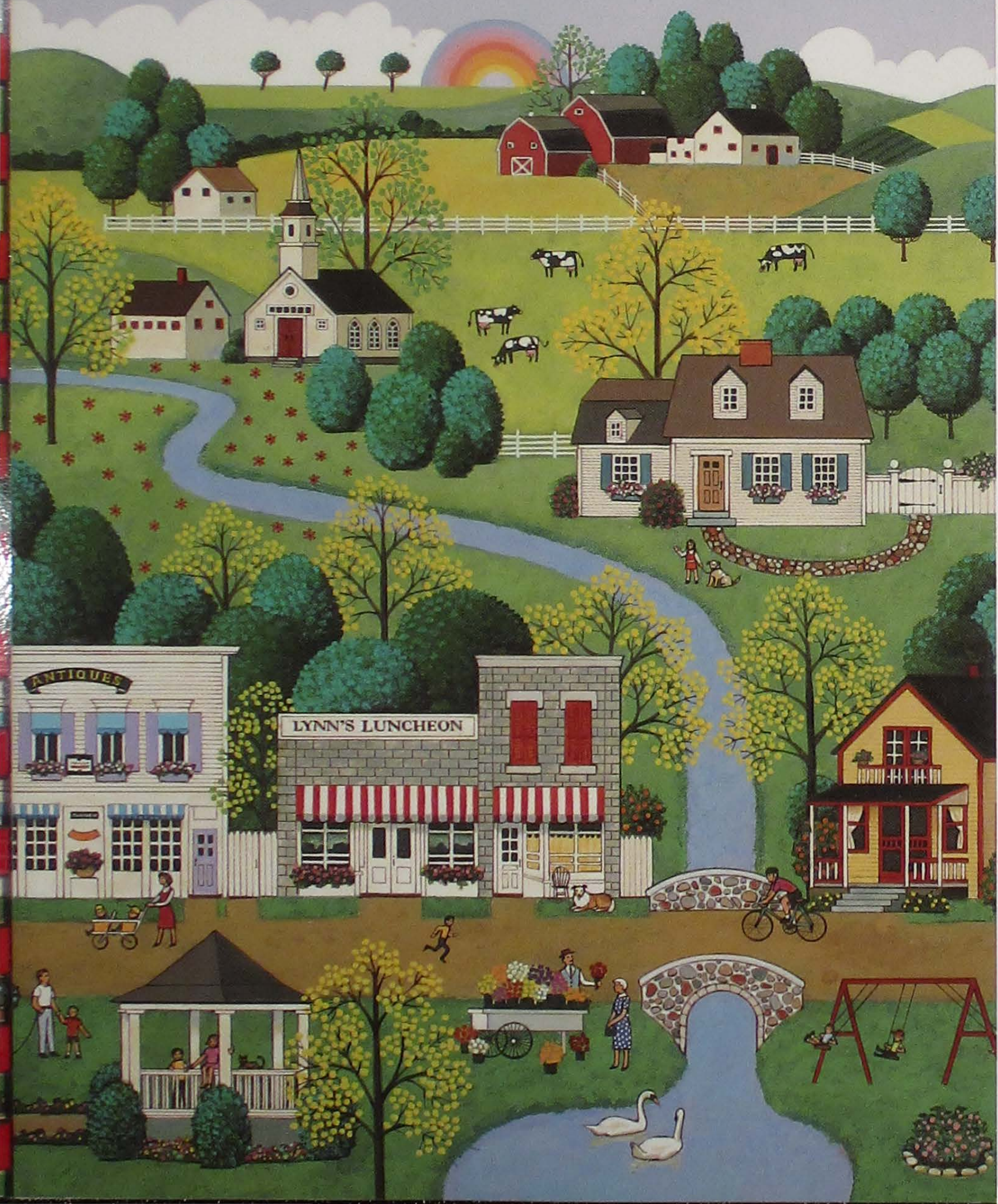


A Taste of Story County





**The Volunteer Center
of
Story County
Presents...**

**A Taste of
Story County**

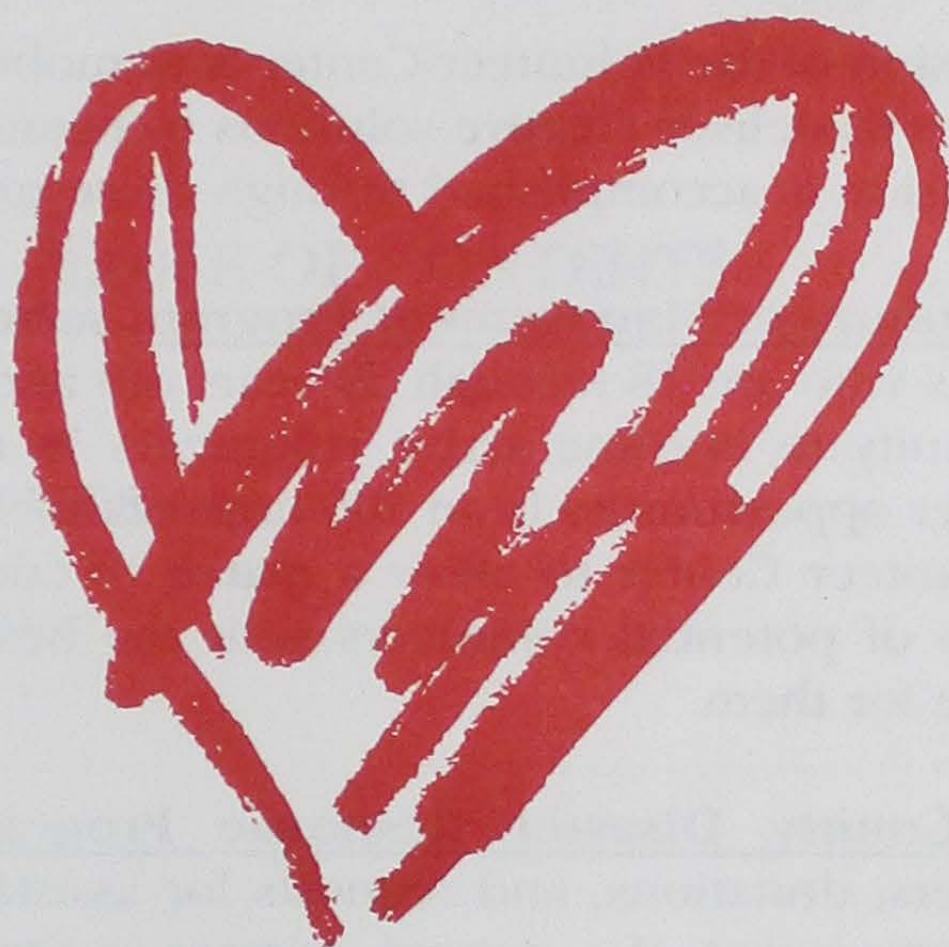


THANK YOU

Your purchase of this cookbook will help make Story County a better place to live by supporting the programs of the Volunteer Center of Story County, including Adult Volunteer Management, Disaster Response, Youth Efforts in Service, and The Christmas Closet.

The Volunteer Center of Story County Board of Directors wishes to express sincere appreciation and thanks to all those individuals who donated recipes, helped with the compiling and selling or in any other way contributed to the publication of this cookbook.

Cookbook Committee



**The Volunteer Center
of
Story County**

510 5th Street
Ames, Iowa 50010
(515) 232-2736
(515) 232-2798 (fax)

The Volunteer Center of Story County

The mission of the Volunteer Center is to mobilize people and resources to deliver creative solutions to community needs.

This mission is accomplished through these programs:

Adult Volunteer Management Program serves Story County residents who are 18 through 59 years old and looking for an opportunity to become active volunteers in the community. Volunteer opportunities from 105 organizations are listed with the Volunteer Center to allow a match of talents, skills, and interests of potential volunteers with the best opportunities available for them.

Story County Disaster Response Program coordinates volunteers, donations, and requests for assistance during the unwelcome event of a natural disaster in Story County. The Volunteer Center works with the Red Cross, the Story County Emergency Management Office, Local Fire/Rescue, Police Departments, Public Works, and City/County Officials to get the volunteers and donations where they are needed.

Youth Efforts in Service (YES) The powers behind the YES program are the 11 to 18 year old youth that are driven to excellence by volunteering for service in their community. The YES program encourages youth to become involved and helps them develop a lifelong commitment to caring. With the YES program youth learn that there is more to an education than just books.

The Christmas Closet collects new clothing, toys, gifts, and non perishable food to distribute to families facing financial difficulties and elderly or persons with disabilities who are alone during the holiday season in Story County.

TABLE OF CONTENTS

APPETIZERS, BEVERAGES.....	1
SOUPS, SALADS.....	15
VEGETABLES.....	47
MAIN DISHES.....	59
BREADS, ROLLS.....	111
DESSERTS.....	135
MISCELLANEOUS.....	193

FAVORITE RECIPES

FROM MY COOKBOOK

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Appetizers, Beverages

FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls	4 doz.	8 doz.	16 doz.
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	1/2 lb.	3/4 to 1 lb.	1 1/2 lb.
Mayonnaise	1 c.	2 to 3 c.	4 to 6 c.
Mixed filling for sandwiches (meat, eggs, fish)	1 1/2 qt.	2 1/2 to 3 qt.	5 to 6 qt.
Mixed filling (sweet-fruit)	1 qt.	1 3/4 to 2 qt.	2 1/2 to 4 qt.
Jams & preserves	1 1/2 lb.	3 lb.	6 lb.
Crackers	1 1/2 lb.	3 lb.	6 lb.
Cheese (2 oz. per serving)	3 lb.	6 lb.	12 lb.
Soup	1 1/2 gal.	3 gal.	6 gal.
Salad dressings	1 pt.	2 1/2 pt.	1/2 gal.
Meat, Poultry, or Fish:			
Wieners (beef)	6 1/2 lb.	13 lb.	25 lb.
Hamburger	9 lb.	18 lb.	35 lb.
Turkey or chicken	13 lb.	25 to 35 lb.	50 to 75 lb.
Fish, large whole (round)	13 lb.	25 lb.	50 lb.
Fish, fillets or steaks	7 1/2 lb.	15 lb.	30 lb.
Salads, Casseroles, Vegetables:			
Potato salad	4 1/4 qt.	2 1/4 gal.	4 1/2 gal.
Scalloped potatoes	4 1/2 qt. or 1 12x20" pan	8 1/2 qt.	17 qt.
Mashed potatoes	9 lb.	18-20 lb.	25-35 lb.
Spaghetti	1 1/4 gal.	2 1/2 gal.	5 gal.
Baked beans	3/4 gal.	1 1/4 gal.	2 1/2 gal.
Jello salad	3/4 gal.	1 1/4 gal.	2 1/2 gal.
Canned vegetables	1 #10 can	2 1/2 #10 cans	4 #10 cans
Fresh Vegetables:			
Lettuce (for salads)	4 heads	8 heads	15 heads
Carrots (3 oz. or 1/2 c.)	6 1/4 lb.	12 1/2 lb.	25 lb.
Tomatoes	3-5 lb.	7-10 lb.	14-20 lb.
Desserts:			
Watermelon	37 1/2 lb.	75 lb.	150 lb.
Fruit cup (1/2 c. per serving)	3 qt.	6 qt.	12 qt.
Cake	1 10x12" sheet cake 1 1/2 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping cream	3/4 pt.	1 1/2 to 2 pt.	3 pt.
Ice Cream:			
Brick	3 1/4 qt.	6 1/2 qt.	12 1/2 qt.
Bulk	2 1/4 qt.	4 1/2 qt. or 1 1/4 gal.	9 qt. or 2 1/2 gal.
Beverages:			
Coffee	1/2 lb. and 1 1/2 gal. water	1 lb. and 3 gal. water	2 lb. and 6 gal. water
Tea	1/2 lb. and 1 1/2 gal. water	1/6 lb. and 3 gal. water	1/3 lb. and 6 gal. water
Lemonade	10 to 15 lemons, 1 1/2 gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

APPETIZERS, BEVERAGES



TACO SALAD DIP

Christopher S. Curran
Iowa State University

- | | |
|----------------------------------|-----------------------------------|
| 8 oz. cream cheese | 1 pkg. taco seasoning mix |
| 8 oz. sour cream | 1 tomato, chopped |
| 1 head lettuce, shredded | 8 oz. Cheddar cheese,
shredded |
| 1/2 c. onion, chopped | 1 pkg. taco chips |
| 1 small can black olives, sliced | |

Mix cream cheese, sour cream, and taco seasoning until smooth. Spread on a serving plate. Top with lettuce and sprinkle with rest of ingredients. Use taco chips as dippers.

VEGETABLE DIP

Sandy Hellwig
Camp Fire

- | | |
|-------------------------------|-----------------------|
| 1 c. mayonnaise | 1 c. sour cream |
| 1/4 tsp. dill seed | 1 tsp. seasoning salt |
| 1/2 tsp. Worcestershire sauce | 1 tsp. parsley flakes |
| 1 tsp. minced onion | 1/2 tsp. celery salt |

Combine all ingredients; refrigerate overnight.

ARTICHOKE DIP

Jennifer Leslie
Iowa State University - College of Engineering

- | | |
|--|----------------------|
| 1 can artichokes, drained and
chopped | 1 c. mayonnaise |
| 1 small can green chilies | 1 c. Parmesan cheese |

Mix all ingredients; bake at 325° for 20 to 25 minutes.

ARTICHOKE DIP

Valerie Thompson

- | | |
|--------------------------------------|---------------------------------|
| 2 cans artichokes (not
marinated) | 1 c. shredded Cheddar |
| 1 c. real mayonnaise | 1 pkg. dry Italian dressing mix |

Drain and chop artichokes; mix all ingredients. Sprinkle Parmesan cheese on top. Bake at 325° for 20 minutes.

KILLER DIP

Michael DiBlasi
Dept. of Correctional Services

2 lb. Velveeta cheese
2 (15 oz.) cans Hormel chili
(no beans)

24 oz. jar Pace picante sauce
(medium)

In a crock pot, cube the Velveeta cheese. Pour in Pace picante sauce. Pour in 2 cans of Hormel chili (no beans). Start crock pot on HIGH for first half hour. Stir occasionally, then turn to LOW for 2 to 3 hours, until it is all blended together. Stir it occasionally. To spice it up even more, a small can of green chilies can be added. Serve with Tostitos chips or your favorite corn/flour chips.

BRIDGE SNACK

Pam Sargent

1 big box Crispix
1 small jar dry roasted peanuts
3/4 pkg. pretzel braids or mini
size
2 c. brown sugar

2 sticks margarine
1/2 c. corn syrup
1/2 tsp. salt (optional)
1 tsp. soda

Mix Crispix, peanuts, and pretzels in double thick paper bag. Combine brown sugar, margarine, corn syrup, and salt. Boil for 1½ minutes. Add soda. Pour over ingredients in bag. Shake well. Put sack in microwave; cook on HIGH for 4 minutes. Shake and stir after each minute. Lay out on waxed paper. Break up large clumps.

Hint: Spray bag first with no-stick cooking spray.

GRILL DIP

Lee Meier
Collegiate Presbyterian Church

1 onion, chopped, sauteed, and
cooled
2 medium tomatoes, seeded
and chopped

3 jalapenos, seeded and
chopped

Mix together.

Mix together:

1 lb. Jack cheese, sliced
1 lb. Muenster cheese, sliced

1 small can medium shrimp,
drained

Lay cheeses alternately in bottom of heavy skillet (cast iron) for grill. Place onion mix on top. Sprinkle drained shrimp over all. Place on hot grill. Cover grill. Cook for 10 to 15 minutes, just until melted. Serve with tortilla chips.

MEG'S DIP

Beth Williams
Nevada Public Library

$\frac{2}{3}$ c. Miracle Whip (we use
light - mayonnaise is too
sweet)
 $\frac{2}{3}$ c. sour cream
1 Tbsp. parsley

2 Tbsp. dry onion
Hot sauce
1 tsp. Worcestershire sauce
1 tsp. dill weed

Mix all ingredients; use hot sauce to taste (I put in 2 or 3 shakes). Refrigerate for 1 to 2 hours so flavors mix.

SALSA SAUCE

Carol Kisling
1430 KASI-105 KCCQ Radio - Ames

5 qt. chopped, peeled tomatoes
10 to 15 hot peppers
2 green peppers
2 sweet red peppers
2 large onions

2 minced garlic cloves
1 c. vinegar
 $\frac{1}{2}$ c. sugar
2 Tbsp. salt

Simmer tomatoes, stirring constantly, until tomatoes reduce to about 4 quarts (30 minutes). Add peppers, onion, and garlic all at once. Stir and continue simmering until mixture begins to boil, then mix together vinegar, sugar, and salt. Add vinegar, sugar, and salt mixture gradually to taste (add until you enjoy the flavor). Bring mixture to boil and cook until reaches spiciness you prefer (continued cooking increases spiciness). Cool; place in containers.

COWBOY CAVIAR

Shelley Goecke
North Grand Mall

1 small onion, finely chopped
 $\frac{1}{4}$ c. clove garlic, chopped,
pressed, or minced
2 tsp. vegetable oil
2 Tbsp. lime juice
 $\frac{1}{4}$ tsp. crushed red pepper
 $\frac{1}{4}$ tsp. ground cumin
 $\frac{1}{8}$ tsp. pepper

1 (8 oz.) pkg. cream cheese
2 hard-boiled eggs, chopped
1 green onion
1 can black beans, drained and
rinsed
1 small can chopped black
olives

Mix all except cream cheese, eggs, and green onion. Cover and refrigerate for 2 hours. Spread cream cheese on serving plate, bean mixture on cream cheese. Put chopped egg or bean mixture in a ring around the edge of plate. Sprinkle green onions over all. Serve with tortilla chips or crackers.

APPETIZER PINWHEELS

Marlys Wells
Iowa Gun Dog Association

- | | |
|--|-------------------------------------|
| 2 (8 oz.) pkg. cream cheese | 1 green pepper, diced |
| 1 pkg. Hidden Valley Ranch dressing mix | 1 c. diced green olives |
| 1/2 onion, diced | 1 c. diced black olives |
| | 4 to 6 large tortilla shells |

Soften cream cheese; mix in dressing mix, onion, green pepper, and black and green olives. Mix together well and spread on tortilla shells. Roll and cut into pinwheels.

CHILI BRIE IN SOURDOUGH

Kathy Martin
ISU Credit Union

- | | |
|------------------------------------|---|
| 1 tsp. chili powder | 1 (1 lb.) round loaf sourdough bread |
| 1/2 tsp. dry ground mustard | |
| 1/2 tsp. garlic powder | 1 (8 oz.) wheel Brie cheese |
| 1/2 tsp. sugar | 1 Tbsp. softened butter |

Preheat oven to 350°F. Combine sugar and spices. Set aside. Cut circle in top of bread and remove bread center to make room for Brie. Spread butter in bread; sprinkle with 2 teaspoons spice mixture. With knife, make 2 inch cuts around edge of bread at 1 inch intervals. Remove rind from Brie and place in bread. Sprinkle Brie with remaining spices. Replace top of bread. Bake on baking sheet for 20 to 30 minutes. To serve, remove bread top and break into bite-size pieces. Dip bread pieces into hot Brie.

CHICKEN ENCHILADA DIP

Penni Bryant
Iowa State University - College of Engineering

- | | |
|--|------------------------------------|
| 3 cans chunk chicken | 1 can cream of chicken soup |
| 1 pkg. Co-Jack cheese (2 c.) | 1 tsp. cumin |
| 2 cans chopped green chilies | |
| 1 (16 oz.) container sour cream | |

Place all in mini slow cooker.

CRISPIX MEXICANO MIX

D.D. Gass
Camp Fire

$\frac{1}{2}$ c. margarine
2 tsp. chili powder
 $\frac{1}{4}$ tsp. garlic salt
 $\frac{1}{4}$ tsp. onion salt

7 c. Crispix
2 c. corn chips
 $\frac{1}{4}$ c. grated Parmesan cheese

Melt margarine; stir in chili powder, onion, and garlic powder. Pour over cereal and chips. Bake at 250° for 15 minutes. Add Parmesan cheese and stir to coat. Bake for 30 minutes; stir in 15 minutes. Spread on paper towels to cool.

CHEESY HAMBURGER SALSA DIP

Marlys Cooper
Club Leader - Ames Mighty Muskrats 4-H Club

$1\frac{1}{2}$ to $2\frac{1}{2}$ lb. hamburger
1 ($15\frac{1}{2}$ oz.) jar Tostitos salsa
con queso

1 pkg. Tostitos chips

Brown hamburger and drain. Add jar of Tostitos salsa con queso (cheesy salsa) to the hamburger; stir and heat throughout, stirring constantly. Serve immediately with chips and use as dip for the chips.

HUMMUS

Michael Whiteford
Chair, ISU Anthropology Dept.

$\frac{1}{2}$ lb. dried chickpeas, washed
and picked over (or 2 c.
canned chickpeas)
1 qt. water
1 tsp. salt
2 large garlic cloves

4 to 6 Tbsp. fresh lemon juice
2 Tbsp. olive oil
3 Tbsp. tahini
 $\frac{1}{2}$ tsp. ground cumin
 $\frac{1}{2}$ to 1 tsp. salt
 $\frac{1}{2}$ c. plain lowfat yogurt

Soak chickpeas overnight in quart of water. Next day, drain beans and combine in a large pot with fresh quart of water. Bring to boil; reduce heat. Cover and simmer for 2 hours until beans are tender. Add 1 teaspoon salt. Drain beans and puree along with garlic in food processor or blender. Add lemon juice, olive oil, tahini, cumin, salt, and yogurt; blend until smooth. Transfer to serving bowl and cover. Refrigerate until ready to serve. Can be kept up to 5 days in refrigerator. can also be frozen.

HUMMUS

Pernell Plath
Heenah Mahyah Student Farm

1 can drained garbanzo beans
1 Tbsp. lemon juice
1/4 c. tahini
1 large clove minced garlic
3 Tbsp. olive oil

1/2 tsp. salt
1/4 c. minced onion
Paprika (for garnish only)
Parsley (for garnish only)

Combine all ingredients, except onions and garnish, in a blender or mixing bowl and blend until completely smooth. Add more tahini and oil as needed for proper consistency (it should not be too dry, or runny). Mix in onion thoroughly. Garnish with paprika and parsley. Serve as a dip with bread, vegetables, pitas, and/or tortillas. Also great as a sandwich spread.

CRAB SPREAD

Kathy Martin
ISU Credit Union

1 (8 oz.) pkg. cream cheese,
softened
1/2 c. mayonnaise
1 tsp. mustard
1/2 tsp. horseradish

1 1/2 tsp. minced onion
1/2 tsp. seasoned salt
1 Tbsp. parsley flakes
Dash of garlic powder
Diced imitation crabmeat

Cream cheese; add other ingredients with mixer. Add crabmeat. Stir by hand. Refrigerate till ready to use. Can be spread on crackers, cocktail bread, or put in the center of a hollowed out round loaf of sourdough bread.

MOLDED CRAB SALAD OR DIP

Christopher S. Curran
Iowa State University

1 pkg. Knox unflavored
gelatine
1/4 c. cold water
8 oz. cream cheese, cut up
1 c. real mayonnaise
1 can cream of mushroom
soup

6 oz. can snow crabmeat
1 bunch green onions,
chopped
1 c. celery, chopped

Mix gelatine with water. Heat the soup. Add gelatine mixture and cream cheese. Heat until smooth. Add remaining ingredients. Pour into mold. Refrigerate overnight. Serve with crackers or vegetables.

HOT CRAB DIP

Judith Hughes
Ames Public Library

- | | |
|---------------------------------|---------------------------|
| 1 (3 oz.) pkg. cream cheese | 1/4 c. minced onion |
| 1/2 c. mayonnaise | 1 Tbsp. lemon juice |
| 1 (6 oz.) can crabmeat, drained | 1/8 tsp. hot pepper sauce |

Soften cream cheese and beat until smooth. Stir in remaining ingredients. Spoon into small ovenproof dish. Bake at 350° for 30 minutes, or until bubbly.

CRABMEAT APPETIZER

Margie Oldehoeft
Mary Greeley Medical Center

- | | |
|---|--|
| 8 oz. cream cheese, softened | Dash of pepper |
| 1 Tbsp. milk | Dash of Worcestershire sauce |
| 6 1/2 oz. flaked crabmeat (or 1/2 lb. fresh crabmeat) | Dash of Tabasco sauce |
| 2 Tbsp. finely chopped onion (or 1 tsp. onion salt) | 1/3 c. sliced almonds (for topping - do not mix) |
| 1 tsp. cream-style horseradish sauce | |

Combine cream cheese and milk; add all other ingredients. Blend well. Put into casserole. Sprinkle with 1/3 cup sliced almonds. Bake at 375° for 15 to 20 minutes. Serve piping hot with crackers or icebox rye bread.

OYSTER CRACKERS MIX

Carly Swanson
Ames Mighty Muskrats 4-H Youth Volunteer

- | | |
|---|------------------------------------|
| 3/4 c. salad oil | 1/4 tsp. lemon pepper |
| 1 pkg. Hidden Valley Ranch dressing mix | 1/4 tsp. garlic powder |
| 1/2 tsp. dill weed | 12 to 16 oz. plain oyster crackers |

Whisk together first 5 ingredients. Pour over crackers, stirring to coat. Place on baking sheet; bake at 275° for 15 to 20 minutes. Makes 11 to 12 cups.

MAKE YOUR OWN POTATO CHIPS

Mindy Cooper
Asst. Club Leader - Ames Mighty Muskrats 4-H Club

- | | |
|---------------------|-----------|
| 1 potato per person | Olive oil |
|---------------------|-----------|

Cut potatoes crosswise into paper-thin rounds. Brush with olive oil. Bake on baking sheet at 425° for 20 minutes. Turn; bake for 15 to 20 minutes more, or until brown.

Note: Can leave skin on, can salt if desired.

NIPPY POPPERS

Marlys Cooper
Volunteer Center of Story County

1 c. Crisco oil
1 tsp. dill weed
½ tsp. garlic powder

1 pkg. Ranch salad dressing
(original flavor)
2 (12 oz.) pkg. oyster crackers

Mix oil, dill weed, garlic powder, and package of Ranch salad dressing. Pour over 2 packages of oyster crackers. Mix well. Let set for at least 1 hour. Store in tight lidded container. Keeps for 2 months. Will freeze well.

HAM ROLL-UPS

Mindy Cooper
Volunteer Center of Story County

1 pkg. thin sliced ham
1 pkg. cream cheese

1 jar whole dill pickles
Toothpicks

Lay out one slice ham. Cut off 1 (¼ to ½ inch) slice of cream cheese and lay on end of ham. Take 1 whole dill pickle and lay on cream cheese slice. Roll up and stick toothpicks in to hold in place. Cut about 1 inch slices with a toothpick in each one. Serve!

HAM BALLS

Brenda Detar
City of Kelley

2½ lb. ground ham
1½ lb. ground pork
1½ lb. ground beef
3 eggs
2 c. milk
3 c. crushed graham crackers

Salt
Pepper
2 c. tomato soup
¾ c. vinegar
2½ c. brown sugar
2 tsp. dry mustard

Mix meat loaf and form into ⅓ cup balls. Place in cake pan and bake for 30 minutes. Pour off grease. Mix sauce ingredients (tomato soup, vinegar, brown sugar, and mustard). Pour over meat balls and cook for another 30 minutes.

DEVILED HAM AND CHEESE BALL

Marty Swanson
ISU Credit Union

- | | |
|--|-----------------------------------|
| 1 (8 oz.) pkg. cream cheese | 1½ tsp. Worcestershire sauce |
| 1 (4 oz.) pkg. shredded sharp Cheddar cheese | ½ tsp. paprika |
| 1 tsp. chopped onion | ½ tsp. salt |
| ½ tsp. lemon juice | 1 large can Underwood deviled ham |
| ½ tsp. prepared mustard | ½ Tbsp. chopped pimento |

Mix together; cover. Chill for 2 hours. Shape into ball and roll in nuts. Freezes well.

SHRIMP EGG ROLLS

Diane Bramble

- | | |
|---------------------------------|-------------------------------------|
| 2 medium carrots | 1 c. fresh or frozen shelled shrimp |
| 2 c. fresh or frozen broccoli | 1 Tbsp. soy sauce |
| ½ c. chopped fresh mushrooms | ¼ tsp. garlic powder |
| ½ c. chopped fresh bean sprouts | 12 egg roll skins |
| ½ c. chopped celery | Cooking oil for deep fat frying |
| 2 Tbsp. butter or margarine | Sweet and sour sauce |

Finely shred the carrots. In a large skillet, cook the finely shredded carrots, chopped broccoli, chopped mushrooms, chopped bean sprouts, and chopped celery in the butter or margarine for about 8 minutes, or till veggies are almost tender. Remove from heat.

Drop shrimp into boiling, salted water. Reduce heat; simmer for 1 to 1½ minutes (until shrimp turn pink). Drain and coarsely chop the shrimp. Stir shrimp, soy sauce, and garlic powder into veggie mixture.

Fill and fold egg roll skins as follows: Place about ¼ cup of the shrimp mixture just below center of egg roll skin. Fold bottom corner of skin over shrimp mixture, tucking point under. Fold in the 2 sides. Starting from long folded side, roll up as for jelly roll. Moisten and seal edges. Fry in deep hot oil (365°) for 1½ to 2 minutes. Drain on paper towels. Serve with sweet and sour sauce. Makes 12 egg rolls.

BEEF ROLL-UPS

Laura Snell

Ames Mighty Muskrats 4-H

**1 lb. thinly sliced deli roast
beef**
**2 (6 oz.) pkg. garden vegetable
flavored cream cheese**
4 large (10 inch) flour tortillas

1 c. shredded carrots
**1 c. shredded Monterey Jack
cheese**
8 leaves green leaf lettuce

Spread cheese evenly over one side of each tortilla; top each with $\frac{1}{4}$ cup shredded carrots and $\frac{1}{4}$ cup Jack cheese. Layer lettuce and deli roast beef over carrots, leaving $\frac{1}{2}$ inch border around edge. Roll up tightly; wrap in plastic wrap. Refrigerate for 30 minutes. To serve, cut each roll diagonally in half. Makes 4 servings.

CHEESE BALL

Juanita Hovick

Bethany Manor

**$\frac{3}{4}$ c. cooked ham, finely
chopped**
8 oz. pkg. cream cheese

1 c. shredded American cheese
1 tsp. minced onion
1 tsp. Worcestershire sauce

Combine softened cream cheese, American cheese, $\frac{1}{4}$ cup ham, minced onion, and Worcestershire sauce; mix well. Shape into balls. Coat with remaining ham. Chill. Serve with crackers.

BARBECUED MEATBALLS

Christopher S. Curran

Iowa State University

4 lb. ground chuck
1 small onion, chopped fine
2 to 3 eggs
4 slices dried bread
Salt and pepper to taste

3 c. ketchup
1 c. brown sugar
3 Tbsp. Worcestershire sauce
3 dashes of garlic salt

Mix first 5 ingredients and shape into 1 inch balls. Place on cookie sheet and bake at 350° for 35 to 45 minutes. Remove from oven and transfer meatballs to crock pot (LOW setting). Mix remaining ingredients and pour over meatballs.

TROPICAL BREEZE

Tamara Soensken

The Tribune

1 oz. Rose's lime juice
3 oz. cranberry juice

3 oz. club soda or seltzer

Pour all ingredients into tall glass and stir.

SAGE'S WATERMELON COOLER

Tamara Soensken
The Tribune

1/2 c. watermelon chunks
1/2 oz. pineapple juice

1 oz. orange juice
Fruit garnish

Blend first 3 ingredients with ice. Pour into tall glass. Garnish with fruit.

THE CHARGER

Mark Soensken
Target

6 oz. cold club soda
2 dashes of bitters

Lime, lemon, or orange twist

Fill tumbler with club soda. Add bitters and mix until liquid turns very light pink. Add citrus twist as garnish.

SHERBET PUNCH

Tamara Soensken
The Tribune

1/2 gal. lime sherbet, softened

1 liter lemon-lime soda

Mix well.

3 ROHR PUNCH

Tamara Soensken
The Tribune

**2 (46 oz.) jars yellow Hawaiian
Punch**
1 large can pineapple juice

1 large can apricot nectar
1 1/3 liter lemon-lime soda
Sliced strawberries for garnish

Mix together all ingredients. Stir and chill. Garnish with sliced strawberries.

SPARKLING STRAWBERRY PUNCH

Teresa Krebs
ISU

1 qt. strawberries (fresh or frozen - unsweetened)
1 (3 oz.) pkg. (small) strawberry gelatin
1 c. hot water
 $\frac{3}{4}$ c. frozen concentrated lemonade

1 qt. cranberry cocktail juice, chilled
2 c. cold water
28 oz. ginger ale

Puree strawberries in blender. Dissolve gelatin in hot water. Stir in lemonade. Pour in punch cans. Add strawberry puree, cranberry juice cocktail, and cold water; stir. Freeze. Defrost before use. Add ginger ale just before serving. This makes 1 gallon. Double recipe if you want to make 2 gallons.

ANGEL FROST

Marlys Cooper
Ames Mighty Muskrats 4-H Club Leader

1 (6 oz.) can frozen pink lemonade concentrate, thawed
1 c. milk

1 (10 oz.) pkg. frozen strawberries in syrup, partially thawed
1 pt. vanilla ice cream

Process the lemonade concentrate, milk, strawberries, and ice cream in a blender until pureed. Pour into glasses. Garnish with fresh strawberries. Yield: 4 servings.

DUST CUTTER

Mark Soenksen
Target

$\frac{3}{4}$ oz. Rose's lime juice

6 oz. tonic water

Mix and serve over ice in tall glass. Serves 1.

ICED COFFEE ANGOSTURA

Tamara Soensken
The Tribune

2 tsp. superfine granulated sugar
3 to 4 dashes of Angostura

2 oz. light cream
4 oz. espresso or double strength hot black coffee

Pour sugar and bitters into tall glass. Fill glass to top with ice. Add cream and coffee; stir thoroughly.

INSTANT SPICE TEA

Thelma Hubbard
Ames Public Library

1 c. Tang
½ c. instant tea
1 c. sugar
1 pkg. Wyler's lemonade (not
sweetened)

½ Tbsp. cloves (ground)
1 tsp. cinnamon

Stir. Store in airtight container. Use 2 teaspoons per cup.

THE CARIBBEAN CRANBERRY

Tamara Soensken
The Tribune

6 oz. cranberry juice cocktail
2 oz. pineapple juice

2 dashes of bitters

Pour over ice in tall glass and stir.

Notes

Soups, Salads

A HANDY SPICE AND HERB GUIDE

ALLSPICE-a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon, and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies; (Ground) Puddings, relishes, fruit preserves, baking.

BASIL-the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES-the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY-the seed of a plant grown in the Netherlands. Flavor that combines the tastes of anise and dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER-a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL-the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE-the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries, and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM-an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)-a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey, and cooked vegetables.

OREGANO-a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA-a mild, sweet red pepper growing in Spain, Central Europe, and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY-the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls, and cookies. Also delicious in buttered noodles.

ROSEMARY-an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet fresh taste. USES: In lamb dishes, in soups, stews, and to sprinkle on beef before roasting.

SAGE-the leaf of a shrub grown in Greece, Yugoslavia, and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews, and salads.

THYME-the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, croquettes, fricassees, and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC-a root of the ginger family, grown in India, Haiti, Jamaica, and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

SOUPS, SALADS



MOM'S SMOOTH AND MELLOW CHILLI

Dawn Sly-Terpstra
ISU Anthropology M.A. 1998

- | | |
|---|--|
| 1 lb. ground beef | 1 (15 oz.) can baked vegetarian beans (brown sugar type) |
| 2 cloves | 1 (15 oz.) can tomato sauce |
| 1 c. chopped onion | 1 (15 oz.) can water |
| 1 Tbsp. whole coriander, crushed | $\frac{1}{4}$ c. packed brown sugar |
| $\frac{1}{4}$ tsp. black pepper | 1 Tbsp. crushed dried basil leaves |
| 1 (15 oz.) can Mrs. Grimes spicy hot chilli beans (with liquid) | 1 Tbsp. fresh oregano leaves |
| 1 (15 oz.) can Mrs. Grimes kidney beans (with liquid) | 1 small finely chopped dried hot chili pepper, seeds removed |

Cook beef, garlic, onion, coriander, and pepper until beef is cooked through. Add remaining ingredients. Bring to a boil, then let simmer for 45 minutes to an hour. Chilli is best if made ahead a day. Makes about 1 quart.

EZ CHILI

Elaine Bales
Day Prog. Ctr.

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|--------------------------|-------------------------------|
| 1 lb. ground turkey | 1 small onion, chopped |
| 1 can kidney beans | 1 tsp. crushed garlic |
| 1 can black beans | 2 Tbsp. chili powder |
| 1 can chopped tomatoes | 1 c. shredded American cheese |
| 1 small can tomato sauce | |

Brown ground turkey and onions. Drain beans and add. Add tomatoes and sauce and spices. Simmer until thick. Serve with shredded cheese on top.

DAD'S SPICY CHILI

Kevin and Gina Ericson
Nevada Community School District

1 large (46 oz.) can tomato juice
15 oz. Mrs. Grimes chili beans in sauce
14 oz. peeled and diced tomatoes

1 lb. ground beef
1/2 of a 1.14 oz. container chili powder
1/2 large onion
Salt and pepper to taste

Brown ground beef and onions; drain fat. Put this in large pot and add tomato juice, chili beans, tomatoes, and salt and pepper to taste. Simmer on low for at least 45 minutes; serve.

CHILI

Jean Humphrey

1 lb. hamburger
1/2 c. chopped onion
1 (26 oz.) can tomato soup

1 (30 oz.) can chili beans
1/2 tsp. salt
1 Tbsp. chili powder

Brown hamburger and onion. Drain. Add tomato soup, beans, salt, and chili powder; mix well. Bake in covered pan for 3 hours in 300° oven. No need to stir. If needed, add a little boiling water before serving.

CHILI

Nicole Mullens
The Broiler

6 lb. ground beef
3/4 lb. diced onion
1 Tbsp. beef base or 1 beef bouillon cube
2 tsp. cumin
1 tsp. thyme
1 tsp. pepper and salt
1/2 tsp. cayenne
1 tsp. paprika
1 Tbsp. chili powder
2 lb. chopped green pepper
2 lb. diced onion
2 (6-10) cans tomato fillets

2 (46 oz.) cans tomato juice
2 (6-10) cans kidney beans
1/4 c. chili powder
1/2 c. cumin
1 tsp. thyme
1 Tbsp. garlic base and chicken base
2 Tbsp. beef base
1/2 tsp. cayenne
1 Tbsp. Tabasco
1/2 c. sugar
1 Tbsp. black pepper

Brown ground beef with diced onion and other spices. Remove meat from stock pot and drain grease. Wipe grease from stock pot. Add beef to stock pot and all remaining ingredients. Simmer for 4 hours. For hotter chili, add more cayenne, black pepper, and Tabasco.

CHILI BEEF

Town and Country Market

1½ lb. beef cubes (sirloin or
chuck)
1 can Ro-Tel tomatoes and
chilies
2 Tbsp. salsa

2 tsp. paprika
Salt and pepper
1 onion, chopped
1 garlic, chopped
2 Tbsp. cilantro

Combine all ingredients in covered pot. Simmer until meat is tender. Adjust seasoning to taste. Serve with tortilla, rice, and beans.

ITALIAN SAUSAGE WITH TORTELLINI SOUP

Jan Lewis

Ames Convention and Visitors Bureau

1 lb. Italian sausage
1 c. chopped onion
2 cloves garlic
5 c. beef broth
½ water
½ c. dry red wine or water
2 c. chopped tomato

1 c. chopped carrots
½ tsp. basil
½ tsp. oregano
2 (8 oz.) tomato sauce
8 oz. tortellini
3 Tbsp. parsley
Parmesan cheese

Brown sausage. Saute onions and garlic. Add beef broth, water, wine, tomato, carrots, basil and oregano, tomato sauce, and sausage. Bring to a boil. Reduce heat and simmer for 30 minutes. Stir in tortellini and parsley. Simmer for another 30 minutes. Sprinkle Parmesan cheese on top.

TORTILLA SOUP

Ethan Whited

Ames Building Beavers 4-H

1 medium onion, chopped
1 jalapeno pepper, seeded and
chopped
2 Tbsp. oil
2 lb. beef or chicken
1 (14½ oz.) can tomatoes,
chopped
1 (5 oz.) can Ro-Tel tomatoes
1 (10½ oz.) can chicken broth
1 (10½ oz.) can beef broth

1 can tomato soup
1½ c. water
1 tsp. cumin
1 tsp. chili powder
1 tsp. salt
½ tsp. Worcestershire
Grated cheese (Cheddar)
Corn tortillas, cut in squares or
tortilla chips

Saute the first 5 ingredients in a large pot. Add all remaining ingredients except the cheese and tortillas. Simmer for 1 hour. Add tortilla squares and cook for 10 minutes. Serve with cheese on top. Serves 5 to 6.

INDIAN STEW

Mark Wilwerding
ISU Credit Union

$\frac{1}{3}$ to $\frac{1}{2}$ lb. bacon
1½ lb. hamburger
Chopped onion
No. 2 can whole kernel corn
(with liquid)
No. 2 can red kidney beans
(with liquid)
No. 2 can mixed vegetables
(with liquid)

No. 2 can tomatoes
2 cans vegetable soup
2 Tbsp. catsup
1 can cooked, sliced potatoes
Salt added to taste
Pepper added to taste
Chili powder added to taste
Cayenne pepper added to taste

Cut up bacon. Cook this, then remove from pan, leaving bacon grease in pan. Brown hamburger in bacon grease. Add a little chopped onion. In a kettle, mix together corn, veggies, beans, tomatoes, soup, and catsup. Add seasonings to taste, adding only enough salt to take care of hamburger. Add the potatoes, bacon, and hamburger, including some of the bacon/hamburger grease. Let simmer. After stew is well heated, I like to let it cool, then reheat it. It's always better that way. You may try cooking over a charcoal or wood fire.

PIZZA SOUP

Bobbie Boeke
Collegiate Presbyterian Church

1½ lb. Italian sausage
3 cans minestrone soup
1 (or 2) can stewed tomatoes
1½ c. water

Garlic
Oregano
Mozzarella cheese (for top)

Crumble, cook, and drain the sausage. Combine rest of ingredients and heat. Top with grated cheese.

QUICK 'N' EASY PIZZA SOUP

Linda Weitzel
Lemstone Books

1 lb. hamburger, browned and
drained
1 (46 oz.) can tomato juice
1 Tbsp. minced onion (or 1
medium onion, chopped)

$\frac{1}{8}$ tsp. garlic powder
1 Tbsp. oregano

Crumble and brown ground beef. Drain. Put into 3 quart saucepan. Add other ingredients. Heat until bubbly. May serve plain or with shredded Mozzarella cheese sprinkled on top. Serves 4 to 6.

Preparation time: Less than 15 minutes.

BEEF STEW

Phyllis Buhl
Heartland Senior Services

2 lb. stew meat (don't brown)
1 bunch carrots, cut in chunks
1 c. celery, cut up
3 onions, quartered or cut as
desired
Diced green peppers (for
taste - optional)

1 Tbsp. salt
3 Tbsp. tapioca
1 large can tomatoes, drained
1 Tbsp. sugar
Pepper

Put all preceding ingredients in a casserole and bake in a 250° oven, covered, for 5 hours. Don't peek while it is cooking! It will be brown and juicy after 5 hours. Makes its own gravy.

KARAWENDLE SOUP

Lynn Avant
ISU

4 oz. bacon, diced
4 oz. smoked sausage, sliced
(such as kielbasa)
1 large onion, chopped
2 carrots, peeled and chopped
2 ribs celery, chopped
6 c. water
1½ c. chopped tomato (fresh
or canned)
15 oz. can navy beans

2 c. tomato juice
1 bay leaf
Salt and pepper to taste
2 Tbsp. basil
1 Tbsp. minced parsley
1 Tbsp. marjoram
1 Tbsp. Worcestershire sauce
2 tsp. sugar
2 tsp. Dijon-style mustard

Saute the bacon, then drain off all but a couple spoonfuls of drippings. Add the sausage slices, onion, carrot, and celery; saute until tender (about 5 minutes). Stir in water, tomatoes, and beans; simmer for about 30 minutes. Add the remaining ingredients and simmer for another 20 minutes. Discard the bay leaf before serving.

REUBEN CHOWDER

Dick Holtz
Shelter Insurance

1 gal. water
 $\frac{1}{4}$ lb. chicken base
5 large potatoes, pre-boiled,
peeled, and cubed into $\frac{1}{2}$
inch cubes
 $\frac{1}{2}$ lb. corned beef, sliced thin,
then diced
4 ribs celery, diced
1 large onion, diced

1 (12 oz.) can sauerkraut (do
not drain)
1 lb. shredded Swiss cheese
1 lb. butter to make roux
1 tsp. caraway seed
1 qt. half & half
3 c. flour
2 tsp. black pepper

In saute pan, saute onion and celery until tender. In separate stock pot, bring water to boil, then add chicken base, corned beef, caraway seed, sauteed onion, and celery.

In another pot, melt butter. When butter is melted, add flour. Simmer this for about 3 minutes, stirring frequently to make the roux. Once roux is completed, add roux to the boiling water and other ingredients. While adding roux, you must constantly whip with a wire whisk until the water gets thick. Once water is thick, add the Swiss cheese; keep whipping until cheese is melted. Shut off flame and add the sauerkraut, pre-boiled potatoes, and the half & half. If at this time it is too thick, add water until it reaches the right consistency.

STEAK SOUP

Bobbi Countryman
Ames Public Library

$\frac{1}{2}$ c. margarine
 $1\frac{1}{2}$ c. all-purpose flour
1 bottle B-V broth and sauce
concentrate
2 lb. 85% lean ground beef
6 c. water

1 c. chopped onion
1 c. chopped celery
1 (16 oz.) frozen mixed
vegetables
1 (16 oz.) can diced tomatoes

Melt margarine and add flour to make a paste. Slowly add 6 cups of water, beating well with mixer until it is of a smooth consistency. Using 100% power on microwave, cook, stirring often, until of a thickened state. Add bottle of B-V, mixing well. Cook ground beef; drain and add to sauce. Add all vegetables. Cook on 100% power for 10 minutes. Stir well. Cook on 50% power for $1\frac{1}{2}$ hours, stirring several times. Season with salt and pepper to taste. Makes 10 to 12 servings.

SEAFOOD BISQUE

Dick Holtz
Shelter Insurance

1 (12 oz.) can chopped clams
1 lb. imitation crabmeat
1 lb. baby shrimp
1 lb. bay scallops
 $\frac{3}{4}$ gal. water
 $\frac{1}{4}$ lb. lobster base
1 tsp. oregano

1 tsp. basil
1 tsp. thyme
 $\frac{1}{2}$ tsp. cayenne pepper
1 qt. half & half
 $\frac{1}{4}$ lb. butter (to make roux)
 $\frac{1}{2}$ lb. flour (to make roux)
 $\frac{1}{4}$ lb. Monterey Jack cheese

Bring water to boil with lobster base in it. Add all remaining ingredients except roux, half & half, and cheese. Bring back to boil, then add roux slowly. It will get really thick. Add the cheese; stir until melted. Add the half & half. If soup is too thick, thin it out with half & half or milk.

FRIDGE SOUP

Cynthia Mosher
Braun's Fashions

1 can cream of mushroom
soup
1 can cream of potato soup
2 c. milk
 $\frac{1}{4}$ c. chopped onions

1 to 2 chopped potatoes
 $\frac{1}{4}$ lb. mushrooms, sliced
2 c. leftover pork, beef, or
chicken, chopped
2 Tbsp. butter

Saute onions, potatoes, and butter in pan until potatoes are tender; add mushrooms and saute a couple minutes more. Prepare soups according to can and add mixture of onions, potatoes, and mushrooms to soup mixture. Add meat and simmer until soup is heated thoroughly.

If you like to add herbs, I'd recommend oregano, sage, and thyme for pork or beef. For chicken try a little tarragon. If you'd like vegetables, throw in that leftover bag of peas that never gets used!

CREAMY POTATO SOUP

Carly Swanson
Ames Mighty Muskrats - 4-H Youth Volunteer

2 c. evaporated milk
1 lb. cooked potatoes, peeled
and diced
2 Tbsp. minced onion flakes
2 chicken bouillon cubes

$\frac{1}{4}$ tsp. celery salt
2 tsp. butter
Ground black pepper to taste
1 tsp. dried chives

In medium saucepan, combine milk, potatoes, onion flakes, bouillon cubes, and celery flakes. Cook on low heat; stir frequently until mixture

is hot. Do not boil. Remove soup from heat and stir in butter. Spoon into serving bowls and sprinkle with pepper and dried chives. Serve hot.

CREAM OF BROCCOLI SOUP

Carol Kisling

1430 KASI-105 KCCQ Radio - Ames

1/2 lb. fresh broccoli

1 c. chicken broth

3 Tbsp. butter

2 Tbsp. flour (heaping)

2 c. half & half cream

Cook broccoli in chicken broth (instead of water) till tender. Drain. Save broth. Melt butter in saucepan. Stir in flour to make a paste; slowly add broth, stirring constantly until smooth. Add half & half and stir till soup is hot. Add broccoli and heat again. Add cheese if you please.

GOURMET VEGETABLE SOUP

Kathy Elwick

ISU Vet Med - ISU College of Vet Med Pet Therapy

1 1/2 qt. water

3 potatoes, peeled and diced

3 carrots, peeled and sliced

1 small onion, chopped

2 Tbsp. parsley flakes

3 chicken bouillon cubes

Pepper to taste

**20 oz. bag frozen vegetables
(carrots, broccoli,
cauliflower)**

2 cans cream of chicken soup

1 lb. Velveeta cheese

Bring water to boil in kettle or large pot; add potatoes, carrots, onions, parsley, chicken bouillon cubes, and pepper. Cook until tender, then add bag of vegetables. Cook for 5 or 6 minutes more. Turn off heat and add 2 cans of soup and the Velveeta cheese, cut into bite-size chunks. Stir until melted; reheat and serve. Take care not to scorch. Stir often, or even constantly, while reheating.

HEARTY BEEF-VEGETABLE SOUP

Beth Wunder

Volunteer Center of Story Co.

4 lb. cross-cut beef shanks

1 (46 oz.) can tomato juice

1 1/2 tsp. salt (optional)

1/2 tsp. pepper

2 tsp. dried thyme leaves

2 tsp. dried marjoram leaves

2 Tbsp. parsley flakes

4 beef bouillon cubes

4 c. sliced carrots

2 c. chopped onion

2 c. chopped celery

3 qt. water

**2 c. medium noodles
(uncooked)**

Combine beef, juice, seasonings, and bouillon cubes in 8 quart kettle. Bring to a boil; reduce heat. Cover and simmer for 2 hours, or until beef

is tender. Remove beef. Cut up meat and return to kettle (discard bones and fat). Add vegetables to kettle. Bring to a boil; reduce heat and simmer, covered, for 10 minutes. Cool. Cover and refrigerate concentrate.

To make soup, skim off fat. Add water to soup; bring to a boil. Add noodles. Reduce heat; cover and simmer until noodles and vegetables are tender (15 minutes). Makes 6 quarts or 18 servings.

Note: Concentrate can be frozen, if desired.

CANADIAN CHEESE SOUP

Barbara Rush O'Donnell
Firstar Bank

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|------------------------------------|--|
| 1/4 c. diced onions | 2 Tbsp. flour |
| 1/4 c. diced celery | 1/4 tsp. salt |
| 1/4 c. shredded carrots | 3 1/2 c. milk |
| 1 Tbsp. diced green peppers | 1 1/4 c. shredded American cheese |
| 2 c. chicken broth | 1/2 c. shredded Cheddar cheese |
| 1/4 c. margarine | |

Boil vegetables in chicken broth until tender. Melt margarine; add flour and part of the milk to make a paste. Add to broth mixture slowly, stirring constantly. Add rest of milk. Turn heat down to low. Add cheese and stir until heated through and cheese is melted.

CHEDDAR CHOWDER

Julie Schlarmann
Ames Chamber of Commerce

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|-----------------------------|----------------------------|
| 2 c. water | 2 c. diced potatoes |
| 1/2 c. diced carrots | 1/2 c. diced celery |
| 1/4 c. chopped onion | 1 tsp. salt |
| 1/4 tsp. pepper | |

White Sauce:

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|-----------------------|----------------------------|
| 1/4 c. butter | 1/4 c. flour |
| 2 c. milk | 2 c. Cheddar cheese |
| 1 c. cubed ham | |

Combine water, potatoes, carrots, celery, onion, salt, and pepper in a large kettle. Boil for 10 to 12 minutes. Meanwhile, in a saucepan, make white sauce by melting butter. Add flour and stir till smooth. Slowly add milk; cook until thickened. Add grated cheese to white sauce; stir until melted. Add white sauce and cubed ham to vegetables that have not been drained. Heat through.

CHEESE SOUP

Susan L. VandeKamp
Story County Recorder

3 potatoes, diced
3 carrots, sliced
1 medium onion, chopped
1½ qt. water
6 cubes chicken bouillon

1 pkg. vegetable winter mix
2 cans cream of chicken soup
1 lb. Velveeta cheese
Chicken or turkey, cooked

Steam vegetables; bring water to boil with bouillon. Add winter mix to water. Add steamed vegetables. Add cream of chicken soup and Velveeta cheese. Add meat when cheese is melted.

CREAM OF CHICKEN SOUP

Dick Holtz
Shelter Insurance

4 gal. water
¾ lb. chicken base
1 lb. baby shrimp
3 lb. chicken breast
3 lb. shredded American cheese
2 large onions, diced
1 stalk celery, diced

2 lb. bacon, diced
1½ lb. butter to make roux
6 c. flour to make roux
3 qt. half & half, heated until hot
1 Tbsp. black pepper
8 large potatoes, parboiled and diced

Saute bacon until half done, then add onion and celery. Cook until tender. Put 4 gallons of water and chicken base into a large stock pot and bring to a boil. Once boiling, add chicken and cook until done. Once chicken is done, strain the water into another large stock pot to save the liquid.

Shred the chicken into real small pieces and add back to the liquid. In a separate pan, melt butter until completely melted, then add flour and cook the butter and flour for approximately 4 minutes until well blended and not grainy.

Bring the liquid and chicken to a hard boil, then add the butter and flour mixture slowly to the rapidly boiling liquid, whipping constantly until thick. Lower the heat, then add shredded cheese until melted. Once cheese is melted, add the cooked bacon, celery and onions, the cooked potatoes, the hot half & half, and black pepper. Mix well and serve.

ZUCCHINI SOUP

Elizabeth Talbert

Ames Mighty Muskrats - 4-H Youth Volunteer

4 medium zucchini
2 cans chicken broth (14 oz.)

3 Tbsp. cream or half & half

Cut zucchini into $\frac{1}{2}$ inch thick slices. Combine zucchini and broth in a large pot and bring to a boil. Cover pot with lid. Simmer for 5 minutes. Put in blender for 1 minute. Add 3 tablespoons of cream or half & half. Stir. Makes 4 servings.

GAZPACHO

Karen Thompson

Ames City Clerk's Office

**2 large tomatoes, peeled and
chopped**
1 bunch green onions, minced
1 green pepper, chopped
**1 cucumber, chopped (peeled
if waxed)**
2½ c. tomato juice

⅓ c. red wine vinegar
¼ c. olive oil
1 tsp. salt
1 clove garlic, mashed
½ tsp. ground pepper
⅛ tsp. Tabasco sauce

Prepare all vegetables; combine the tomato juice with remaining ingredients. Stir in vegetables and chill for several hours. Makes 1½ quarts.

FALL FEST CALICO BEAN SOUP

RSVP Staff

Story County, RSVP

1 lb. mixed beans
1 medium onion, chopped
2 carrots, sliced
1 large stalk celery
1 Tbsp. lemon juice
1 clove garlic

**1 can chopped tomatoes
(optional)**
Season to taste
**Ham bone or ham hocks to
cook with**

Wash beans; cover with water and soak overnight. In the morning, drain the beans and add 2 quarts of water and the ham. Bring to a boil and simmer for 2 hours. Add other ingredients and simmer for another 30 minutes.

MEXICAN CORN SOUP

Lynn Avant
ISU

3 Tbsp. butter or margarine
3 c. chicken broth
 $\frac{1}{3}$ c. chopped green bell
peppers
 $\frac{1}{4}$ c. chopped green onion
1 medium potato, peeled and
chopped
1 large garlic clove, minced
5 Tbsp. flour
 $\frac{1}{4}$ tsp. oregano

2 or 3 drops of red pepper
sauce

Tortilla chips for garnish

Cilantro for garnish

$1\frac{1}{2}$ c. mild salsa

1 bay leaf

2 c. (8 oz.) shredded Monterey
Jack cheese

12 oz. can corn, drained

Melt butter in 3 quart saucepan. Saute green pepper, onion, potato, and garlic until tender (about 5 minutes). Stir in flour and seasonings; brown briefly. Gradually stir in broth and salsa. Add bay leaf.

Bring to boil, stirring constantly. Boil and stir for 1 minute. Stir in $1\frac{1}{2}$ cups of shredded cheese and corn, stirring until the cheese is melted. Remove bay leaf and serve in individual bowls. Garnish each bowl with additional cheese, tortilla chips, and cilantro.

MINNESOTA WILD RICE SOUP

Dick Holtz
Shelter Insurance

$\frac{1}{4}$ c. almonds, roasted until
brown
 $\frac{1}{2}$ lb. shredded Monterey Jack
cheese
1 gal. chicken broth
1 c. diced ham
1 onion, diced
2 ribs celery, diced

1 qt. half & half, heated until
hot

$\frac{1}{2}$ c. wild rice

1 c. basmati rice

$\frac{1}{2}$ lb. butter to make roux

2 c. flour to make roux

2 tsp. black pepper

1 Tbsp. chopped fresh parsley

In saute pan, cook celery and onions until tender. Set aside. In saucepan, cook wild rice and basmati rice until done. The wild rice takes twice as long. Drain any remaining liquid from the rice. Set aside. In another saucepan, melt the butter, then add the flour to make the roux. Cook this mixture for about 4 minutes on low heat; set aside. In a large soup pot, bring chicken broth to boil, then add ham, cooked celery, and onion, then bring back to a boil. Add roux slowly, whipping constantly, until liquid becomes thick (might not take all of the roux). Once thick, lower heat to a simmer and add the cheese, whipping until melted, then add the hot half & half, almonds, rice, pepper, and the parsley. Mix well and serve.

If the soup gets too thick, thin it down by adding more chicken broth slowly.

LENTIL AND BROWN RICE SOUP

Vicci Pinkerton
Worldly Goods

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|-------------------------------------|-------------------------------|
| 5 c. (or more) chicken broth | 1 c. diced onion |
| 3 c. water | 1/2 c. sliced celery |
| 1 1/2 c. lentils, rinsed and sorted | 2 large cloves garlic, minced |
| 1 c. long-grain brown rice | 1/2 tsp. dried basil |
| 1 (35 oz.) can tomatoes,
chopped | 1/2 tsp. oregano |
| 3 carrots, sliced | 1/2 tsp. thyme |
| | 1 bay leaf |

Combine ingredients in large soup pot. Bring to boil; lower heat and simmer for 45 to 55 minutes. Before serving, add 1/2 cup fresh parsley, 2 tablespoons cider vinegar, and salt and pepper to taste.

CURRIED LENTIL SOUP

Navid Emami
Ames Public Library

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|---------------------------------------|---------------------------|
| 2 Tbsp. olive oil | 2 tsp. curry powder |
| 1 onion, chopped | 1/2 tsp. cumin |
| 2 cloves garlic, minced or
pressed | 1/2 tsp. ground coriander |
| 1/4 tsp. chili powder | 2 c. lentils, washed |
| 1 tsp. turmeric | 2 tsp. salt |
| | 2 qt. water |

In a large heavy bottomed stock pot, heat oil and saute onion and garlic until tender. Add spices and mix well. Add lentils, salt, and water. Bring to boil; cover. Reduce heat and simmer until lentils are tender, about 35 to 45 minutes. Remove half the lentils and mash by hand or in blender. Return to pot and heat through. Makes 6 to 8 servings.

GOURMET SOUP

Representative Teresa Garman

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|--------------------------------|----------------------------|
| 1 can mushrooms | 1 can cream of shrimp soup |
| 1 can potato soup | 1 can tomato soup |
| 3 soup cans milk | 1/2 onion |
| 1/2 green pepper, chopped fine | 1/3 c. dry sherry |
| 1 can shrimp, crab, or lobster | 2 Tbsp. butter |

Saute mushrooms, onion, and green pepper. Add soups and/or half & half. Add 1 can shrimp, crab, or lobster. Stir slowly for 20 minutes. Add butter. Warm for 5 minutes. Add dry sherry before serving.

HOMINY SOUP A LA MEXICANA

Alyce Holland
Volunteer Center

3/4 lb. extra-lean ground beef
1/3 c. finely chopped red bell pepper
2 (15.5 oz.) cans hominy, drained and rinsed
1 (14 1/2 oz.) can ready to serve vegetable or beef broth

2 c. water
1 (12 oz.) bottle mild tomatillo or green taco sauce
2 tsp. dried basil
Chopped fresh cilantro

In large nonstick saucepan, cook ground beef and bell pepper over medium high heat for 4 to 6 minutes, stirring occasionally. Drain and return to saucepan. Stir in all remaining ingredients except cilantro. Bring to a boil; reduce heat to medium and cook for 15 minutes to blend flavors. Ladle into 6 soup bowls. Sprinkle each with cilantro.

GINGERED CHINESE NOODLE SOUP

Mary McGregor James
From Gifted Hands

3 oz. cellophane noodles
2 Tbsp. vegetable oil
2 thin carrots, sliced diagonally
1 medium onion, sliced
2 medium garlic cloves, minced
1 tsp. minced fresh ginger
1 medium red bell pepper, thinly sliced
3 c. chicken stock
1 1/2 c. water

1 Tbsp. soy sauce
1 c. Smithfield or Black Forest ham, cut julienne
1 c. shredded watercress leaves
1/2 c. thinly sliced mushrooms
1 c. (generous) snow peas
1 tsp. oriental sesame oil
1 tsp. rice vinegar
2 green onions, thinly sliced on diagonal

Place noodles in large bowl; cover with boiling water. Let stand for 5 minutes. Drain thoroughly. Heat oil in wok or deep large skillet over medium-high heat. Add onion and carrots; stir-fry for 3 minutes. Add garlic and ginger, then bell pepper. Stir-fry 30 seconds. Add stock, water, and soy sauce. Cover and boil for 2 minutes. Add ham, watercress, mushrooms, and noodles. Return to boil; cover. Turn off heat and let steep for 2 minutes. Add snow peas; cover and let steep until vegetables are crisp-tender, about 3 minutes. Stir in sesame oil and rice vinegar (to taste). Adjust seasonings. Ladle soup into deep bowls. Sprinkle with green onions.

COLD CHERRY SOUP A LA BUDAPEST

Lynn Avant
ISU

2 (16 oz.) cans sour pitted red
cherries
1 c. sugar
 $\frac{2}{3}$ c. water
1 Tbsp. cinnamon
 $1\frac{1}{3}$ Tbsp. cornstarch

1 Tbsp. fresh lemon juice
3 tsp. grated lemon rind
2 tsp. brandy (optional)
1 c. sour cream
 $\frac{1}{2}$ c. dry red wine
Dash of salt

Do not drain cherries. Pour contents of both cans into saucepan. Stir in sugar, water, cinnamon, and a dash of salt. Simmer for 5 minutes. Pour cornstarch into a measuring cup and dissolve by stirring into the wine slowly. Pour this mixture into the soup; simmer and stir constantly until soup thickens. Add lemon juice, lemon rind, and brandy.

Put the sour cream into a small bowl, then slowly add some of the hot soup and stir until very smooth and liquid, then stir all this back into the soup and whisk until incorporated and very creamy. Do not bring to a boil. Cool, then refrigerate. Serve cold in small cups. Garnish with a spoonful of sour cream on top if desired.

SHOESTRING POTATO SALAD

Marlys Cooper
U.S. Filter Corporation

1 c. celery, finely cut
2 small cans boneless chicken
1 tsp. onion, grated

1 can shoestring potatoes
1 c. raw carrot, grated
1 c. salad dressing

Serve on lettuce. Makes 8 small servings. Shrimp or tuna may be substituted for the chicken.

DILL POTATO SALAD

Nicole Mullens
The Broiler

$1\frac{1}{2}$ gal. diced, cooked potatoes
6 c. diced, cooked ham
4 c. shredded Swiss cheese

3 c. finely diced red onion
3 Tbsp. dill weed

Dressing:

6 c. heavy mayonnaise
3 tsp. salt

2 Tbsp. yellow prepared
mustard

Toss ingredients together until well mixed - potatoes, ham, Swiss cheese, onion, and dill weed.

In separate bowl, mix together mayonnaise, salt, and mustard with a wire whip. Afterwards, add to potatoes, ham, cheese, onion, and dill weed; mix well.

ITALIAN PASTA SALAD

Diane Brown

H & M Computer Solutions

1 pkg. pasta noodles
1/2 c. chopped green peppers
4 chopped green onions
1 small jar pimentos
1 (16 oz.) bottle Italian dressing

1/2 c. chopped onion
1 small can sliced black olives
Pepperoni slices (optional)

Cook pasta as directed on package; drain and run under cold water to cool. Mix pasta and vegetables together. Add 1/2 bottle of dressing. Mix well and refrigerate for at least 2 hours. When ready to serve, add the remaining dressing.

COLD PASTA SALAD

Bobbie Boeke

Collegiate Presbyterian Church

1 lb. spaghetti
16 oz. Wish-Bone Italian dressing
1 jar Schilling Salad Supreme
1 red onion, chopped fine
1 green pepper, chopped
1 can black olives

1 or 2 cans drained mushrooms
1 can Spanish olives
2 tomatoes, chopped
2 cucumbers, seeded and chopped

Break spaghetti into thirds. Cook until tender. Cool. Combine dressing and Salad Supreme. Combine all ingredients. Chill. Makes large amount. Keeps for 6 weeks.

GARDEN PASTA SALAD

Ann Campbell

Fresh tomatoes
Cucumbers
Green peppers

Herb Dressing:

1/4 c. oil
1 Tbsp. dry white wine
2 Tbsp. lemon juice

Onions
8 oz. spaghetti
1 c. Feta cheese

2 Tbsp. fresh basil
1 tsp. salt
1/4 tsp. pepper

Dice vegetables. Pour dressing over and chill. Cook spaghetti. Add vegetables. Add Feta. Saves well.

PASTA SALAD

Karen K. McCoy
Ames Public Library

- | | |
|-----------------------------------|------------------------|
| 1 lb. macaroni | 1 (4 oz.) jar pimento |
| 1 medium cucumber, chopped | 2 tsp. dry mustard |
| 1 medium onion, chopped | 2 Tbsp. parsley flakes |
| 1 medium green pepper,
chopped | 1 c. vinegar |
| | 1½ c. sugar |

Cook macaroni until done; drain and rinse in cold water. Add all other ingredients and chill overnight for best results. The vinegar and sugar settle to the bottom so stir every so often to blend well with other ingredients.

MOSTACCIOLI SALAD

Darcey Mulvihill
Eddie Bauer

- | | |
|-----------------------|----------------------------|
| 1 lb. mostaccioli | Salad oil |
| 1½ c. vinegar (white) | 2 tsp. prepared mustard |
| 1½ c. sugar | 2 Tbsp. parsley flakes |
| 1 tsp. salt | 4 oz. jar pimento |
| 1 tsp. pepper | 1 medium onion, chopped |
| 1 Tbsp. garlic powder | 1 medium cucumber, chopped |

Cook and drain mostaccioli. Rinse in cold water. Coat with oil and drain again. Mix with remaining ingredients, stirring twice daily to keep separated. Start 1 to 2 days ahead of serving time. Serves 12 to 15 people (or more).

LEOLA'S PASTA SALAD

Carol Neumann
Camp Fire for Boys and Girls

- | | |
|--------------------------|--|
| 1 pkg. mostaccioli pasta | 1 c. Eagle Brand sweetened
condensed milk |
| 1 c. sugar | 1 pt. mayonnaise |
| 1 c. vinegar | |

Cook mostaccioli as directed on package. In small saucepan, bring to boil the sugar and vinegar; cool. Add Eagle Brand milk and mayonnaise and the sugar/vinegar. Pour this over the mostaccioli. Add any vegetables you would like - broccoli, carrots, cucumber, radishes, etc.

PASTA SALAD

Cindy Rangier

St. Co. Retired and Senior Volunteer Program

1 pkg. colored rotini pasta
1 bottle Italian salad dressing
1 can Parmesan cheese

1 can black olives, sliced
1 green pepper, chopped
1 medium red onion, chopped

Cook pasta according to package directions. Drain and cool. Add vegetables, cheese, and dressing; mix well. Chill for at least 1 hour - overnight is even better.

This salad can be changed by adding any variety of vegetables - broccoli and cauliflower work well. Also pepperoni or chopped ham can be added.

CORNERD BEEF SALAD

Martha Anderson

Collegiate Presbyterian Church

1 small box lemon jello
1³/₄ c. water
1 can corned beef
1 c. celery
1 medium onion, grated

1 green pepper, chopped
1 c. salad dressing
1 tsp. lemon juice
1 Tbsp. sugar
1/2 tsp. salt

Make jello. Chill in 9x9 inch pan. Add corned beef (remove fat and break up) and all other ingredients; mix well. Refrigerate until firm. Serves 8 to 9.

HOT CHICKEN SALAD

Marge Moore

2 c. cooked chicken breasts,
cut up
1 c. cooked rice
1 c. chopped celery
3/4 c. Hellmann's mayonnaise

1 can water chestnuts, sliced
1 can cream of chicken soup
1 Tbsp. onion (or dehydrated
onion)
1 Tbsp. lemon juice

Mix all of the preceding together and pour into a greased casserole. Crumble small package of corn flakes over casserole and sprinkle with package of sliced almonds. Bake for 1 hour at 350°.

MANDARIN CHICKEN SALAD

Charene Starcevic
Volunteer Center of Story County

- | | |
|---------------------------|--|
| 3 c. diced cooked chicken | 1 (11 oz.) can mandarin oranges, drained |
| 1 c. diced celery | 1 c. seedless grapes, halved |
| 2 Tbsp. lemon juice | 1 tsp. lemon pepper |
| 1 Tbsp. chopped onion | 1/2 c. chopped pecans |
| 3/4 c. mayonnaise | |

In medium bowl, combine first 8 ingredients. Mix well. Cover and chill for 1 to 2 hours. Fold in pecans just before serving. Yield: 4 servings.

SPINACH CHICKEN SALAD

Kathy Elwick
ISU College of Vet Med Pet Therapy

- | | |
|--|---|
| 5 c. cubed cooked chicken
(about 3 whole breasts) | 1 (6 oz.) jar marinated artichoke hearts, drained and quartered |
| 2 c. green grape halves | 1/2 cucumber, sliced |
| 1 c. snow peas | 3 green onions, sliced |
| 2 c. packed torn spinach | |
| 2 1/2 c. sliced celery | |
| 7 oz. corkscrew pasta, cooked and drained | |

Dressing:

- | | |
|----------------------------|-------------------------------|
| 1/2 c. vegetable oil | 1/2 tsp. minced onion (dried) |
| 1/4 c. sugar | 1 tsp. lemon juice |
| 2 Tbsp. white wine vinegar | 2 Tbsp. minced fresh parsley |
| 1 tsp. salt | |

In large bowl, combine chicken, grapes, peas, spinach, celery, pasta, artichoke hearts, cucumber, and green onions. Cover and refrigerate. Combine all dressing ingredients in a jar or small bowl and mix well. Refrigerate. Just before serving, pour dressing over salad and toss.

MACARONI AND SHRIMP SALAD

Charene Starcevic
Volunteer Center of Story County

- | | |
|-------------------------|------------------|
| 1 (8 oz.) pkg. macaroni | 1 cucumber |
| 1/3 c. oil | 1 tomato |
| 3/4 c. sugar | 1/2 onion |
| 2/3 c. white vinegar | 1/2 green pepper |
| 2 cans deveined shrimp | 2 carrots |
| 2 stalks celery | Mayonnaise |

Bring to boil and cook the sugar, oil, and white vinegar. Cook macaroni; drain and pour vinegar mixture over. Let marinate overnight. Add remaining ingredients and chill; serve.

CAULIFLOWER SALAD

Darlene Paulson
Hospice

1 head cauliflower, separated **2 c. white grapes**

Combine and fold into preceding mixture:

1 c. mayo **1 c. pecans**
1/2 c. sugar **2 tsp. yellow mustard**

Let set overnight, or at least 6 hours.

ZUCCHINI SIDE DISH

Jennifer Leslie
Iowa State University - College of Engineering

Slice 2 to 3 zucchini; saute with 1 can kernel corn. Add grated cheese and salsa. Heat until zucchini is cooked.

FRESH GARDEN CUCUMBERS

Juanita Carey
Volunteer, Ames Public Library

2 or 3 medium cucumbers,	3/4 tsp. salt
sliced	1/8 tsp. pepper
1/4 c. vinegar	1/4 tsp. MSG (optional)
1 Tbsp. lemon juice	1/4 chopped onion
1 tsp. celery seed	2 Tbsp. chopped parsley
2 Tbsp. sugar	1/2 c. water

Mix all ingredients thoroughly, then add cucumbers and chill.

COLE SLAW

Mrs. Mildred (Tommy) Cooper

1 medium cabbage, shredded	1 tsp. salt
1 carrot, grated	1 green pepper, chopped
2 c. sugar	1 c. vinegar
1 tsp. mustard seed	1 tsp. celery seed
1/4 c. water	

Mix cabbage and salt. Let stand for 1 hour. Squeeze out excess moisture. Add carrot and pepper. While cabbage stands, boil sugar, vinegar, water,

and seeds for 1 minute. Cool to lukewarm. Pour over slaw. Serve. May be frozen. Dressing will keep in refrigerator for smaller batches of slaw.

SWEET AND SOUR SALAD

Lee Meier
Collegiate Presbyterian Church

**1 head Boston lettuce, washed
and cut bite-size**
1/3 c. red onion, sliced very thin

1 pkg. slivered almonds
**1 large can mandarin oranges,
drained**

Dressing:

1/2 c. sugar
1/2 c. apple cider vinegar

1/2 c. oil
1/2 tsp. garlic salt

Mix dressing ingredients well; shake. Refrigerate. Mix salad ingredients together. Refrigerate until serving. Add dressing and mix well.

TACO SALAD

Janet Twilley
Brauns

1 head lettuce
2 c. Mexican shredded cheese
1 lb. ground beef
1 pkg. taco seasoning
1 small bottle Ranch dressing

**1 small bottle Pace picante
sauce**
1 large tomato
1 bag taco chips

Brown hamburger; add taco seasoning as per directions on package. When most of the liquid is cooked away, let cool. Shred lettuce and dice tomatoes. Toss meat, lettuce, tomatoes, and cheese together in large bowl. Mix Ranch dressing and picante sauce in small bowl. Pour on amount desired to taste. Crush chips and toss in salad. Ready to serve.

LAYERED LETTUCE SALAD

Cindy Rangier
RSVP

1 head iceberg lettuce, torn
1 pkg. frozen peas
3 to 4 stalks celery, chopped
1 medium onion, chopped

1 qt. jar mayonnaise
8 oz. shredded Cheddar cheese
2 small jars bacon bits

Arrange torn lettuce in bottom of airtight container. Layer peas, celery, and onions on top of lettuce. Spread mayonnaise on top of vegetables, being sure to get clear to the edge to "seal" in the vegetables. Top the mayonnaise with a layer of cheese, then add a layer of bacon bits on top. Seal container and let chill overnight.

RIO VERDE SALAD

Karen Thompson
Ames City Clerk's Office

1 Tbsp. vegetable oil
1 medium green pepper,
julienned
1 medium onion, sliced
8 oz. jar salsa
15 oz. can pimento or kidney
beans, rinsed and drained

11 oz. can Mexican-style corn,
drained
2 c. cooked wild rice
1/4 c. cilantro leaves (optional)

Heat oil in a large skillet; add green pepper and onion. Saute at medium high heat until crisp-tender. Add salsa, beans, corn, and wild rice. Cook until heated through. Can be served in lettuce leaves or plain, warm, or at room temperature. Sprinkle cilantro over top if desired.

ISABELLE'S BEAN SALAD

Juanita Carey
Volunteer, Ames Public Library

1 can garbanzo beans, drained
1 can green beans, drained
1 can yellow beans, drained
1 can kidney beans, drained
1 medium onion
1/3 c. green pepper, chopped

1 tsp. celery seed
1/2 c. vinegar
1/2 c. oil
1/3 c. sugar
Salt and pepper

Mix all ingredients together. Cover and refrigerate for several hours or overnight.

4 BEAN SALAD

Elaine Anderson
City of Collins

1 (16 oz.) can green beans,
drained
1 (16 oz.) can waxed beans,
drained
1 (16 oz.) can garbanzo beans,
drained
1 (16 oz.) can kidney beans,
drained

1/4 c. slivered green pepper
8 green onions, sliced
3/4 c. Sugar Twin
1/4 c. oil
1/2 tsp. salt
Dash of pepper
1/4 tsp. basil
1 tsp. garlic

Mix dressing well. Pour over mixture over beans and refrigerate overnight. Stir several times.

MARIT'S BLACK BEAN AND CORN SALAD

Barbara Munson
Ames Public Library

2 cans black beans, rinsed well
and drained

1½ cans corn, rinsed and
drained

1 red pepper, diced

Dressing:

2 oz. lime juice

1 oz. canola oil

1 green pepper, diced

3 stalks green onion, chopped

1 to 2 tomatoes, diced

1 small can diced green chilies

3 to 4 Tbsp. cilantro, minced

3 pinches of salt

Black pepper to taste

In shaker mix dressing ingredients - lime juice, oil, salt, and pepper. Set aside. In salad bowl, mix ingredients - black beans, corn, red and green pepper, onion, tomatoes, chilies, and cilantro, then toss dressing on top. Chill.

ANTIPASTO SALAD

Lynne Carey
Ames Public Library

2 small jars pimiento

1 can whole string beans

1 can ripe olives, sliced

1 can garbanzo beans

1 small jar stuffed green olives

1 green pepper, cut large

Drain all.

Marinate in dressing of:

1 c. salad oil

½ c. wine vinegar

1 clove mashed garlic

3 Tbsp. honey

½ bunch green onions, cut fine

Chopped red onion to taste

1 small stalk celery, in ½ inch
pieces

1 small cauliflower, in small
flowerettes

1 Tbsp. sweet relish

Salt and pepper to taste

1 tsp. lemon juice

Marinate for several days before serving.

WILD RICE SALAD

Shelley Countryman
Ames Public Library

2/3 c. wild rice
1 1/2 c. water
2 Tbsp. chicken bouillon
1/2 c. white or brown rice
1/3 c. olive oil
1/4 c. red wine vinegar
1 1/2 Tbsp. Dijon mustard

1 tsp. basil
1/2 tsp. onion powder
1/2 tsp. black pepper
1 c. pea pods
1 can sliced water chestnuts
1 c. sliced carrots
1/2 c. diced onion

Combine wild rice with water and bouillon in a saucepan. Bring to a boil; lower the heat and simmer, covered, for 25 minutes. Add other rice and simmer for 25 minutes, or until all water is absorbed and rice is tender. Prepare dressing by mixing oil, vinegar, mustard, basil, garlic powder, onion powder, and black pepper. Pour dressing over rice and toss with vegetables. Chill well before serving.

FIRE AND ICE

Mary O'Neal (Kalen's Mom)
Retired and Senior Volunteer Program

3/4 c. cider vinegar
1 1/2 tsp. celery salt
1 1/2 tsp. mustard seed
1/2 tsp. sugar
1/8 tsp. red pepper
1/8 tsp. black pepper
1 tsp. salt
1 tsp. garlic salt

1/4 c. cold water
6 large tomatoes, cut into chunks
1 large green pepper, cut into chunks
1 large red onion, cut into chunks
1 cucumber, sliced

Bring the first 9 ingredients to a boil. Pour over the vegetables and chill overnight.

SPINACH AND STRAWBERRY SALAD

Juanita Carey
Volunteer, Ames Public Library

**2 bunches fresh spinach,
cleaned, dried, and torn**

**1 pt. fresh strawberries,
cleaned, hulled, and halved**

Dressing:

1/2 c. sugar
2 Tbsp. sesame seed
1 Tbsp. poppy seed
1/4 tsp. Worcestershire sauce

1/4 tsp. paprika
1/2 c. vegetable oil
1/4 c. cider vinegar
1 1/2 tsp. minced onion

Arrange spinach and strawberries on individual serving plates. Blend dressing ingredients until thoroughly mixed and thickened. Do not over-mix. Drizzle desired amount over salad and serve immediately. Salad can also be tossed gently with dressing. Serves 6 to 8.

APPLE COLE SLAW

Claudia Pauk
Iowa Farm Business Association

1 bag cole slaw
1/4 c. milk
1 c. sour cream
1 Tbsp. sugar

**1 or 2 Granny Smith apples,
cored, peeled, and sliced**
1 Tbsp. mustard

Mix milk, sour cream, mustard, and sugar. Pour over cole slaw and apples.

APPLE SPINACH SALAD

Janet Olson
Ames High School

2 Tbsp. oil
2 Tbsp. cider vinegar
2 tsp. sugar
1/4 tsp. salt
1/4 c. raisins

1 c. chopped apple
1/4 c. chopped sweet onion
2 c. torn spinach
2 c. torn romaine lettuce

Mix oil, vinegar, sugar, and salt, then add raisins, apple, and onion to dressing. Let stand for 10 minutes. Mix over spinach and lettuce. Serves 4.

MANDARIN ORANGE AND RED ONION SALAD

Marlys Cooper
Volunteer Center of Story County

**2 (11 oz.) cans mandarin
orange slices in light syrup**

1/4 medium red onion, chopped
2 Tbsp. red wine vinegar

Drain orange slices, but not too thoroughly. Toss with red onion and wine vinegar. Yield: Makes 4 servings.

24 HOUR SALAD

Sara Weber

Ames Mighty Muskrats 4-H

3 eggs, well beaten
 $\frac{3}{4}$ c. pineapple juice
2 c. diced marshmallows
 $\frac{1}{2}$ c. sugar

$\frac{1}{8}$ tsp. salt
1 pt. cream, whipped
 $\frac{1}{4}$ c. flour
2 c. diced pineapple

Cook eggs, pineapple juice, salt, flour, and sugar until stiff or thick, then let cool. When cool, add diced pineapple, marshmallows, and whipped cream. Stir. Let set for 12 hours before serving.

GRANNY SMITH APPLE SALAD

1 tsp. flour
 $\frac{1}{4}$ c. sugar
1 can crushed pineapple,
drained (reserve juice)
1 egg, beaten

1 Tbsp. apple cider vinegar
4 c. Granny Smith apples,
peeled and sliced
6 oz. Cool Whip
1 c. salted peanuts, chopped

Mix flour, sugar, pineapple juice, egg, and vinegar in saucepan. Cook and stir over medium heat until thick. Refrigerate until cool. Mix apples and pineapple. Stir in sauce and fold in Cool Whip. Serve with peanuts.

SUNSHINE SALAD

Neva Henderson

Iowa State University - College of Engineering

1 large can mandarin oranges,
drained
1 large can chunk pineapple,
drained

1 large can peach pie filling
2 c. small marshmallows

Mix all together. Refrigerate.

SINFUL SALAD

Artie Graham

Volunteer - Ames Public Library

1 (6 oz.) box strawberry gelatin
3 medium bananas, mashed
2 (10 oz.) pkg. strawberries,
thawed (reserve juice)
1 (20 oz.) can crushed
pineapple, drained (reserve
juice)

Reserved juice and enough to
make 2 c.
1 c. chopped pecans
Ctn. sour cream

Combine juice and water; bring to a boil. Stir in gelatin and cool. Add fruit and nuts. Divide gelatin mixture in half. Pour into 9x12 inch glass dish and refrigerate for 1 hour. Keep the other half at room temperature. Spread sour cream over top of cooled mixture. Refrigerate for 15 minutes. Add remaining gelatin and fruit; refrigerate until solid.

EASY FRUIT SALAD

Tami Fitzgerald
Homeward

- | | |
|-------------------------------|----------------------------|
| 1 large can peach pie filling | 2 pkg. frozen strawberries |
| 8 bananas | 2 cans mandarin oranges |
| 1 large can pineapple chunks | |

Soak bananas in lemon juice so they won't brown in salad. Drain pineapple and mandarin oranges. Mix bananas, pie filling, and all fruit together.

FROG EYE SALAD

Christopher S. Curran
Iowa State University

- | | |
|--------------------------------|------------------------------------|
| 1 egg | 1 can pineapple chunks,
drained |
| 1/2 c. sugar | 1 can mandarin oranges,
drained |
| 1 Tbsp. flour | 1/2 c. Cool Whip |
| 1/4 tsp. salt | |
| 1 c. pineapple juice | |
| 8 oz. acini de pepe (macaroni) | |

Cook first 5 ingredients over low heat until mixture thickens. Cool to room temperature. In 1 1/2 quart pot, bring 6 cups water to a boil and add acini de pepe. Cook until tender and rinse with cold water. Combine egg mixture and macaroni. Add pineapple, oranges, and Cool Whip.

PINEAPPLE DRESSING

Melissa Beno
Blimpie Heartland Development

- | | |
|--|--------------------------|
| 1 large can crushed pineapple,
slightly drained | 1/3 c. sugar |
| 2 eggs, well beaten | Dash of salt |
| 1 Tbsp. flour | 4 slices cubed bread |
| | 1/2 c. margarine, melted |

Mix eggs, flour, sugar, and salt. Add pineapple. Pour mixture into a greased pan (pie plate is best). Dip cubed bread in melted butter. Toss till all bread is coated. Place bread on top of pineapple mixture. Bake at 400° for 30 minutes, or until browned and pineapple mixture is set.

FRUIT ICE SALAD

Becky Aldridge

1 (1 lb.) sliced frozen strawberries, drained
1 (No. 2) can crushed pineapple, drained
1 c. water (or use drained juice)

1 (1½ lb.) can drained and cut peaches
4 diced bananas
1¾ c. sugar

Mix fruit in bowl gently. Cook water/juice with sugar to make a thin syrup. Cool. Pour syrup over fruit and freeze in small cups. Take out 20 minutes before serving.

STRAWBERRY DELIGHT

K. Gibbs

Dept. of Correctional Services

2 c. fresh sliced strawberries
12 oz. Cool Whip*

1 box jello powder*

Blend Cool Whip and jello powder on high for 2 minutes. Add strawberries and stir. Refrigerate for 2 hours before serving.

* Can use lowfat or fat free Cool Whip and/or sugar free jello.

TAPIOCA JELLO SALAD

Diane Brown

H & M Computer Solutions

2 small pkg. orange jello
4 c. water
1 small can mandarin oranges, drained

2 small pkg. vanilla tapioca pudding
1 pkg. Dream Whip, mixed as directed

Combine jello and pudding mix. Add water and bring to a boil. Let cool until mixture starts to thicken. Mix Dream Whip as directed on package. Fold Dream Whip, mandarin oranges, and jello mixture together. Pour into jello mold and chill.

STRAWBERRY-RHUBARB SALAD

Cindy Spurlock

Iowa State University - College of Engineering

2 c. rhubarb, cut up
¼ c. sugar

1 small strawberry Jell-O
1 small Cool Whip

Cook rhubarb and sugar until tender; stir in Jell-O. Cool. Add Cool Whip. Refrigerate.

CRANBERRY SALAD

Karen Cindrich
Menlo Park, California

1 pkg. cranberries
2 oranges, 1 peeled, 1 not
2 c. sugar
2 pkg. Jell-O (1 orange and 1
lemon)

1 small can crushed pineapple
1 small can white grapes

Grind cranberries and oranges. Add 2 cups sugar. Mix well and let stand overnight. Next morning, fix 2 packages Jell-O with 3 cups water (2 cups hot and 1 cup cold). Let jell a little. Add the pineapple, grapes, and cranberry mixture. Refrigerate and let set.

STRAWBERRY SALAD

Pam Sargent

1 (14 oz.) can sweetened
condensed milk
 $\frac{1}{4}$ c. lemon juice
1 (4 oz.) ctn. whipped cream

$\frac{1}{2}$ c. chopped pecans
1 (10 oz.) pkg. frozen
strawberries

Combine all ingredients; chill.

BAVARIAN SALAD

Tamara Soensken
The Tribune

1 pkg. jello
 $\frac{1}{4}$ c. sugar
1 c. boiling water

$\frac{3}{4}$ c. cold water
1 (8 oz.) tub Cool Whip

Dissolve jello and sugar in boiling water. Add cold water. Chill until slightly thickened. Add Cool Whip and stir. Chill.

SNICKERS BAR SALAD

Diane Rahfaldt
Homeward

3 Snickers bars, cut up
3 apples, cut in bite-size pieces

3 bananas, sliced
1 (8 oz.) Cool Whip, thawed

Mix and refrigerate.

FRUIT SALAD DRESSING

Joyce Sievers
The Tribune

$\frac{3}{4}$ c. orange
 $\frac{1}{2}$ c. sugar
 $\frac{1}{4}$ c. RealLemon

1 egg
1 to $1\frac{1}{2}$ Tbsp. cornstarch

Boil all ingredients together to get thick. Cool. Serve over fruit salad.

ORANGE-PINEAPPLE DRESSING

Marlys A. Cooper
U.S. Filter Corporation

$\frac{1}{4}$ tsp. grated orange peel
 $\frac{1}{4}$ c. orange juice
2 tsp. sugar

Dash of ground cinnamon
1 (8 oz.) ctn. pineapple yogurt

Combine grated peel, orange juice, sugar, and cinnamon. Stir into pineapple yogurt. Garnish with additional orange peel if desired. Makes 1 cup dressing.

Pour over cut up fresh fruit or use as fruit dip.

QUART SALAD DRESSING

Anna Mortenson

1 c. Mazola oil
1 c. sugar
1 c. vinegar
1 tsp. mustard
1 tsp. salt

$\frac{1}{2}$ tsp. pepper
 $\frac{1}{2}$ tsp. garlic salt
2 Tbsp. onion juice
1 Tbsp. Worcestershire sauce
1 can tomato soup

Mix dry ingredients and add to oil and vinegar.

BASIL DRESSING

Mari Lindner
Sugar Tree Ltd. Tearoom

2 Tbsp. olive oil
2 Tbsp. salad oil
2 Tbsp. red wine vinegar
1 clove minced garlic

$\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. sugar
 $\frac{1}{3}$ c. lightly packed fresh basil leaves

In blender, combine all ingredients. Whirl until blended. Makes approximately $\frac{1}{2}$ cup. Use on fresh mixed greens.

RASPBERRY VINAIGRETTE

Thad Hardeman

Fellowship of Christian Athletes

2 tsp. raspberry vinegar

2 tsp. honey

2½ Tbsp. olive oil

Whisk all ingredients together. Just before serving, drizzle the salad with the dressing and toss well to combine. The raspberry vinaigrette can be used on any salad.

Notes

Vegetables

EQUIVALENT CHART

3 tsp.....	1 Tbsp.	1/4 lb. crumbled Bleu cheese.....	1 c.
2 Tbsp.....	1/8 c.	1 lemon.....	3 Tbsp. juice
4 Tbsp.....	1/4 c.	1 orange.....	1/3 c. juice
8 Tbsp.....	1/2 c.	1 lb. unshelled walnuts.....	1 1/2 to 1 3/4 c. shelled
16 Tbsp.....	1 c.	2 c. fat.....	1 lb.
5 Tbsp. + 1 tsp.	1/3 c.	1 lb. butter.....	2 c. or 4 sticks
12 Tbsp.....	3/4 c.	2 c. granulated sugar.....	1 lb.
4 oz.....	1/2 c.	3 1/2-4 c. unsifted powdered sugar.....	1 lb.
8 oz.....	1 c.	2 1/4 c. packed brown sugar.....	1 lb.
16 oz.....	1 lb.	4 c. sifted flour.....	1 lb.
1 oz.....	2 Tbsp. fat or liquid	4 1/2 c. cake flour.....	1 lb.
2 c.....	1 pt.	3 1/2 c. unsifted whole wheat flour.....	1 lb.
2 pt.....	1 qt.	4 oz. (1 to 1 1/4 c.) uncooked	
1 qt.....	4 c.	macaroni.....	2 1/4 c. cooked
5/8 c.....	1/2 c. + 2 Tbsp.	7 oz. spaghetti.....	4 c. cooked
7/8 c.....	3/4 c. + 2 Tbsp.	4 oz. (1 1/2 to 2 c.) uncooked	
1 jigger.....	1 1/2 fl. oz. (3 Tbsp.)	noodles.....	2 c. cooked
8 to 10 egg whites.....	1 c.	28 saltine crackers.....	1 c. crumbs
12 to 14 egg yolks.....	1 c.	4 slices bread.....	1 c. crumbs
1 c. unwhipped cream.....	2 c. whipped	14 square graham crackers.....	1 c. crumbs
1 lb. shredded American cheese.....	4 c.	22 vanilla wafers.....	1 c. crumbs

SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square **chocolate** (1 ounce) = 3 or 4 tablespoons cocoa plus 1/2 tablespoon fat
- 1 tablespoon **cornstarch** (for thickening) = 2 tablespoons flour
- 1 cup sifted **all-purpose flour** = 1 cup plus 2 tablespoons sifted cake flour
- 1 cup sifted **cake flour** = 1 cup minus 2 tablespoons sifted all-purpose flour
- 1 teaspoon **baking powder** = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar
- 1 cup **sour milk** = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred
- 1 cup **sweet milk** = 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda
- 3/4 cup **cracker crumbs** = 1 cup bread crumbs
- 1 cup **cream, sour, heavy** = 1/3 cup butter and 2/3 cup milk in any sour milk recipe
- 1 teaspoon **dried herbs** = 1 tablespoon fresh herbs
- 1 cup **whole milk** = 1/2 cup evaporated milk and 1/2 cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter
- 2 ounces **compressed yeast** = 3 (1/4 ounce) packets of dry yeast
- 1 tablespoon **instant minced onion, rehydrated** = 1 small fresh onion
- 1 tablespoon **prepared mustard** = 1 teaspoon dry mustard
- 1/8 teaspoon **garlic powder** = 1 small pressed clove of garlic
- 1 lb. **whole dates** = 1 1/2 cups, pitted and cut
- 3 medium **bananas** = 1 cup mashed
- 3 cups **dry corn flakes** = 1 cup crushed
- 10 **miniature marshmallows** = 1 large marshmallow

GENERAL OVEN CHART

Very slow oven.....	250° to 300°F.
Slow oven.....	300° to 325°F.
Moderate oven.....	325° to 375°F.
Medium hot oven.....	375° to 400°F.
Hot oven.....	400° to 450°F.
Very hot oven.....	450° to 500°F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8 oz.....	1 cup
Picnic.....	1 1/4 cups
No. 300.....	1 3/4 cups
No. 1 tall.....	2 cups
No. 303.....	2 cups
No. 2.....	2 1/2 cups
No. 2 1/2.....	3 1/2 cups
No. 3.....	4 cups
No. 10.....	12 to 13 cups

VEGETABLES



FROZEN SHREDDED POTATO CASSEROLE

Karen Thompson
Ames City Clerk's Office

- | | |
|----------------------------------|-----------------------------------|
| 1/2 stick margarine | 2 Tbsp. dried onion |
| 8 oz. light sour cream | 2 lb. frozen shredded Mrs. |
| 8 oz. plain yogurt | Dell's potatoes |
| 1 1/2 tsp. garlic salt | 1 to 2 c. bread crumbs |
| 1 tsp. Original Mrs. Dash | 2 Tbsp. margarine, melted |

Melt 1/2 stick margarine. Add next 5 ingredients, then stir in potatoes. Mix well and place in 9x13 inch baking pan. Top with bread crumbs tossed in remaining melted butter. Bake at 350° for 30 minutes, covered, then uncover and bake for 30 minutes more.

Variation: Add small, thinly sliced pieces of leftover ham along with potatoes.

PARTY POTATOES

Andrea Smith

- | | |
|-------------------------------------|----------------------------------|
| 1 pkg. O'Brien potatoes | 1/2 stick margarine |
| 1 can cream of mushroom soup | 4 oz. shredded cheese |
| | 1 can Durkee fried onions |

Mix all together and bake for 1 hour at 400°. Remove from oven. Sprinkle 1 can Durkee fried onions on top. Bake for an additional 15 minutes.

PAPRIKA POTATOES

Charene Starcevic
Volunteer Center of Story County

- | | |
|--------------------------------------|--------------------------------------|
| 1/2 c. butter or margarine | 1/8 tsp. pepper |
| 1/4 c. flour | Pinch of garlic or onion salt |
| 1/4 c. grated Parmesan cheese | 6 medium potatoes, peeled |
| 1 Tbsp. paprika | and quartered lengthwise |
| 3/4 tsp. salt | |

Melt butter in a 13x9 inch pan. Combine the next 6 ingredients in a large plastic bag; set aside. Rinse and drain potatoes. Place part of potatoes in bag; shake well to coat. Place in a single layer in baking pan. Repeat till all potatoes are coated and in pan. Bake, uncovered, at 350° for 50 to 60

minutes, or until tender, turning once after 30 minutes. Makes 4 to 6 servings.

EASY BAKE POTATOES

Carol Neumann
Story County Volunteer Center

6 potatoes, scrubbed and dried
1/4 c. butter
1 onion
Garlic powder

Salt and pepper
Paprika
Celery seed

Cut unpeeled potatoes into 1½ inch chunks. Arrange in single layer of baking dish with onion chunks tucked in between. Melt butter; add garlic to taste and drizzle over potatoes. Sprinkle salt, pepper, and celery seed. Cover with aluminum foil and bake for 45 minutes in 400° oven. Remove foil; sprinkle with paprika and continue baking for about 20 minutes until potatoes are tender and well browned.

GOLDEN PARMESAN POTATOES

Annette Koudelka
United Way of Story County

6 large potatoes
1/4 c. flour
1/4 c. Parmesan cheese

3/4 tsp. salt
Dash of pepper
1/3 c. butter

Peel potatoes; cut in quarters. Combine flour, salt and pepper, and cheese in a bag. Moisten potatoes with water and shake, a few at a time, in bag, coating the potatoes with the cheese mixture. Melt butter in a 13x9 inch pan. Place potatoes in one layer. Bake at 375° for 1 hour (turn once during cooking).

HOLIDAY POTATOES

Holly Cleppe
Correctional Services

2 lb. frozen hash browns
(chunk style)
2 c. chopped onion, browned
1 can cream of celery soup

1/4 c. butter
1½ c. shredded Cheddar
cheese

Mix all together and may be chilled overnight or cooked immediately. Bake in greased 9x13 inch pan or casserole. Bake at 350° for 1 hour. Serves 10 to 12.

CHEESY POTATOES

Christopher S. Curran
Iowa State University

2 lb. thawed hash browns
2 cans creamed chicken soup
1 pt. sour cream

1/2 c. diced onion
2 c. shredded Longhorn cheese
1 stick margarine

Mix all ingredients, except cheese, and spread in 9x13 inch pan. Top with cheese. Bake at 350° for 1 hour.

SPECIAL SWEET POTATOES

Sandra Peterson
Promise Jobs Caseworker

3 c. sweet potato
1 c. sugar
1/2 c. butter or margarine

2 eggs
1 tsp. vanilla
1/3 c. milk or orange juice

Topping:

1 c. brown sugar
1/3 c. butter or margarine

1/2 c. flour
1 c. chopped pecans

Use 2 quart baking dish. Mix/mash cooked sweet potatoes, sugar, butter, eggs, vanilla, and milk or orange juice; spread in a flat baking pan or dish.

Blend brown sugar, butter, flour, and nuts; sprinkle over the potato mixture. Bake at 350° for 25 to 30 minutes.

SPINACH POTATO AU GRATIN

Dick Holtz
Shelter Insurance

2 lb. baby red potatoes, cut into 1/4 inch cubes
1 small red onion, julienne
2 c. packed fresh spinach
1 c. sour cream
1 c. shredded Cheddar cheese

1 c. shredded Mozzarella cheese
2 cloves garlic, minced
1/2 c. half & half
Salt and pepper to taste

Mix all the ingredients into a large bowl, except the potatoes, and set aside. Boil the potatoes until tender, then drain the water off. While potatoes are still hot, place them into the mixing bowl with the other ingredients and mix until well blended. Place into a casserole dish and bake for 20 minutes at 375°.

ROAST POTATOES

Becky Klatt
City of Ames, City Clerk Office

**6 to 7 large potatoes, cut into
long wedges**
1 c. olive oil
1/2 c. lemon juice

Oregano
Salt
Pepper to taste

Place potatoes in baking dish. Pour olive oil and lemon juice over potatoes. Sprinkle oregano, salt, and pepper. Add small amount of water so potatoes will not scorch. Bake at 350° for 1 hour, or until tender with fork. Baste potatoes with oil and juice.

POTATO DELIGHT

Brenda Brown
Jet Print

5 medium potatoes
1/2 green pepper
Dash of pepper
1/4 c. milk
1/2 onion

Dash of salt
1/2 c. margarine
**4 to 5 thick slices Velveeta
cheese**

Slice potatoes, onion, and green pepper. Place in a microwavable dish. Add salt and pepper, butter, and milk. Cook in microwave on HIGH for 5 minutes, then stir. Cook another 5 minutes, then stir. Add Velveeta cheese and cook for another 5 minutes, or until potatoes are tender.

FREEZER CORN

Doris Classon
City of Roland Billing Clerk

10 c. fresh corn
1 1/2 c. water

1/4 c. sugar

Cook for 3 to 5 minutes in electric skillet after mixture comes to a boil. Cool completely and put in freezer bags according to family size.

BARRON BUTTER CORN

Mrs. Mildred (Tommy) Cooper

4 qt. corn
1/2 stick real butter
3 c. water

1 Tbsp. sugar
4 tsp. salt

Bring all ingredients to a boil; boil for 5 minutes. Cool and freeze. (Use cake pans and an electric table fan to hasten cooling.)

BROCCOLI-CORN DISH

Sondra Holck

Department of Correctional Services, Mason City Office

**1 (10 oz.) pkg. frozen broccoli,
thawed**

2 c. cream style corn

1/2 c. evaporated milk

1 Tbsp. sugar (if desired)

1 egg, slightly beaten

1/2 tsp. lemon pepper

**3/4 oz. corn flakes, crushed (1/2
c.)**

Preheat oven to 350°. Combine broccoli and corn in medium bowl. In small bowl, add milk to beaten egg. Pour over broccoli mixture. Add lemon pepper. Mix well. Pour into 8x8 inch dish sprayed with cooking spray. Sprinkle top with corn flakes. Quickly spray with butter-flavored spray or regular. Bake for 30 minutes. Serves 4.

Note: To make evaporated skim milk - for every 1/2 cup evaporated skim milk, combine 1/3 cup nonfat dry milk powder and 1/2 cup water.

SCALLOPED CORN

Carol Helland

Heartland Senior Services

1/4 c. chopped onion

2 Tbsp. butter

2 Tbsp. flour

1/2 tsp. paprika

1/4 tsp. dry mustard

1 tsp. salt

Dash of pepper

**1 can whole kernel corn,
drained**

1 egg, beaten

3/4 c. milk

6 to 8 soda crackers

1/2 c. chopped green pepper

Heat oven to 350°. Saute onion in butter until golden. Blend in flour and seasonings. Cook over medium low heat until bubbly. Remove from heat and gradually add milk. Bring to a boil; boil for 1 minute, stirring constantly. Add corn, egg, and green pepper; put in buttered casserole dish. Top with crushed crackers and dot with butter. Bake at 350°, uncovered, for 20 to 30 minutes.

CORN RELISH

Mrs. Mildred (Tommy) Cooper

**1 (No. 2 or 3) can whole kernel
corn (or 2 c. cooked fresh
corn)**

2 Tbsp. chopped onion

2 Tbsp. chopped pepper

2 Tbsp. pimento (add last)

Combine and cook over medium heat for 3 minutes the following:

1/2 c. vinegar

3 Tbsp. sugar

1/4 tsp. dry mustard

1/4 tsp. salt

1 Tbsp. mustard seed

1/4 tsp. celery seed

After 3 minutes cooking, add corn and pimento; bring to a boil. Remove from heat; cool. Keeps 1 month in refrigerator.

CORN CASSEROLE

Deb Catron
Kelley, IA

- | | |
|---------------------------|-------------------------------------|
| 1 can whole corn | 1 stick oleo, melted |
| 1 can creamed corn | 1 egg, beaten |
| 1 can sour cream | 1 pkg. Jiffy corn muffin mix |

Mix all together; put into baking dish. Bake at 350° for 1 hour.

CARROTS ALMONDINE

Jean Humphrey

- | | |
|---|--------------------------------------|
| 1½ lb. carrots, peeled and
thinly sliced | 1 Tbsp. lemon juice |
| ¼ c. melted margarine | ½ tsp. ground ginger |
| 3 Tbsp. honey | ¼ c. raisins |
| | ¼ c. toasted slivered almonds |

Cook carrots for 8 minutes in boiling water; drain. In large mixing bowl, stir together the margarine, honey, lemon juice, and ginger. Add the raisins. Add the cooked carrots and mix well. Put in baking dish. Bake, uncovered, at 375° for 35 minutes. Stir occasionally. When removed from oven to serve, sprinkle with toasted slivered almonds.

SCALLOPED CARROTS WITH VELVEETA

Sandra Peterson
Promise Jobs Caseworker

- | | |
|-----------------------------------|--|
| 4 c. barely cooked carrots | ⅛ tsp. pepper |
| 1 can cream of celery soup | ½ c. bread crumbs (to top
with) |
| ⅓ c. milk | 2 Tbsp. butter (to top with) |
| 1 Tbsp. parsley | Velveeta to taste |
| ¼ tsp. salt | |

Par-cook carrots; don't overcook. Combine soup, milk, parsley, salt, and pepper; pour over carrots in a baking dish. Melt butter and stir in bread crumbs. Chunk Velveeta and stir in with the carrots; I like a lot of cheese, but the carrots are good with just a moderate amount, perhaps a 1 inch slice cubed. Top with buttered bread crumbs and bake at 350° for 35 to 40 minutes, uncovered.

SCALLOPED BROCCOLI

Deb Catron
Kelley, IA

2 pkg. frozen chopped broccoli
4 Tbsp. butter
1 medium onion, minced
4 Tbsp. flour
2 c. milk
1 egg yolk

$\frac{1}{2}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper
 $\frac{1}{2}$ can Parmesan cheese
Bread crumbs
Butter

Cook broccoli by directions; drain and set aside. Cook in saucepan until golden the 4 tablespoons butter and onion. Stir in 4 tablespoons flour to the onion. Whip milk and egg yolk. Add to onion mixture. Stir in salt and pepper. Cook all this until thick, stirring constantly. Add $\frac{1}{2}$ can Parmesan cheese. Add broccoli and pour into a greased baking dish. Top with bread crumbs and dots of butter. Bake at 350° for 20 to 30 minutes.

CARAMELIZED MUSHROOMS

Dick Holtz
Shelter Insurance

1 c. quartered mushrooms
 $\frac{1}{2}$ clove garlic, minced
 $\frac{1}{2}$ shallot, minced
 $\frac{1}{2}$ c. Port wine
1 c. Demi Glaze (can buy a
Knorr-Swiss product in the
store in a powder form)

1 Tbsp. butter, softened
2 Tbsp. olive oil

Place saute pan on burner and get hot. Once pan is hot, add the olive oil and mushrooms. Cook the mushrooms until they are very brown, almost a caramel color. Add the minced garlic and shallot, then the Port wine. Reduce until wine is almost gone, then add the Demi Glaze. Reduce by half. At the end, whip in the softened butter and season with salt and pepper.

HARVEST VEGETABLE PLATTER

Karen Thompson
Ames City Clerk's Office

1 bunch fresh broccoli
 $\frac{1}{2}$ medium head cauliflower
2 medium zucchini
1 to 2 medium tomatoes
 $\frac{1}{4}$ c. melted butter or
margarine

$\frac{1}{2}$ tsp. garlic salt
 $\frac{1}{2}$ tsp. Italian seasoning
Grated Parmesan cheese

Cut broccoli into pieces 2½ inches long. Break cauliflower into bite-size pieces. Alternate pieces of broccoli and cauliflower around outside edge of 12 to 14 inch platter. Cut zucchini into ¼ inch slices. Arrange in mound in center of platter. Cover loosely with heavy-duty plastic wrap. Microwave, covered, on FULL power for 6 to 8 minutes, or until vegetables are crisp-tender. Cut tomatoes into wedges. Arrange over other vegetables. Drizzle melted butter over vegetables. Sprinkle with garlic salt, Italian seasoning, and Parmesan cheese. Heat on FULL power for 1 to 2 minutes, or until tomatoes are warmed.

VEGETABLE SALAD

Joyce O'Tool
Red Rock Community Action

1 (10 oz.) frozen mixed
vegetables
1 small tomato, chopped
3 Tbsp. sliced green onions
¼ c. water

3½ Tbsp. rice vinegar
2 Tbsp. sugar
¼ tsp. celery seed
¼ tsp. salt
⅛ tsp. pepper

Cook vegetables half recommended time. Drain. Toss with tomato, celery, and green onion. Combine rest of the ingredients. Pour over vegetables. Chill. Makes 4 servings.

HOLIDAY VEGGIES

Kathy Martin
ISU Credit Union

1 (16 oz.) pkg. cauliflower,
broccoli, carrots mix
1 large onion, chopped
4 Tbsp. margarine

1 can cream of chicken soup
1 c. sour cream
1½ c. croutons

Thaw veggies. Saute onions in margarine. Add soup, 1 cup croutons, sour cream, and veggies; mix. Top with remaining croutons. Bake at 350° for 30 minutes.

SPECIAL SAUERKRAUT

Pat Ringler

1 large jar or pkg. sauerkraut
(unrinsed)
1 Granny Green apple, finely
chopped
1 medium onion, finely
chopped

3 Tbsp. brown sugar
6 or 8 Bratwurst or wieners (or
any kind of pork meat)

Mix first 4 ingredients together and put on top of the meat in a baking dish. Put in oven for 30 to 45 minutes at 350°. Add more water to make it juicy.

BAKED BEANS (4 KINDS)

2 or 3 cans pork and beans
1 can butter beans
1 can kidney beans
1 can Northern beans
 $\frac{1}{4}$ c. brown sugar
 $\frac{1}{4}$ c. white sugar
2 Tbsp. molasses
 $\frac{1}{4}$ c. ketchup

2 tsp. mustard
1 lb. ground beef, cooked
enough to remove grease or
 $\frac{1}{2}$ lb. bacon which has been
cooked in microwave
1 onion, diced and cooked in
microwave

Drain off the juices; mix and add 2 cups (or whatever it takes) to the sugars, molasses, ketchup, mustard, and cooked beef, then add beans and stir carefully. Bake for 2 hours at 350°.

LOIS' CALICO BEANS

Janis Diehl
Story County Emergency Management

4 (1 lb.) cans beans (1 can
each butter, kidney, chili,
and pork and beans), drain
butter beans only and pour
some of the liquid in the
chili beans if needed
 $\frac{1}{2}$ lb. bacon
 $\frac{1}{2}$ c. chopped onion (or
equivalent onion flakes)

$\frac{1}{2}$ to 1 lb. hamburger
(optional - we don't use)
 $\frac{1}{2}$ c. catsup or barbecue sauce
(we use Cookies Original)
 $\frac{3}{4}$ c. brown sugar, packed
2 tsp. vinegar
1 tsp. prepared mustard
1 tsp. salt (optional)

Fry or microwave bacon until crisp. Brown hamburger and onion. Combine meat with other ingredients in a deep 3 quart casserole. Bake for 1 hour at 350° or in crock pot for around 3 hours on HIGH; turn down as needed.

SWEET-SOUR CABBAGE

MaryAnne Beno
The Tribune

2 Tbsp. bacon drippings
4 c. shredded red cabbage
2 c. cubed, unpared apples
 $\frac{1}{4}$ c. brown sugar

$\frac{1}{2}$ c. white vinegar
1 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. caraway seed

Heat drippings in skillet; add remaining ingredients and a dash of pepper. Cover tightly. Cook over low heat, stirring occasionally. For crisp cabbage, cook for about 15 minutes. For tender, cook for 25 to 30 minutes. Serves 4.

RICE CASSEROLE

Pat Fawcett
Homeward

1 c. butter or oleo
2 c. Minute rice
1 clove garlic, minced

1 medium onion, diced
4 cans chicken with rice soup

Saute first 4 ingredients till light brown. Add in casserole with cans of soup. Bake at 350° for 1½ hours.

LEMON RICE

Judith Hughes
Ames Public Library

2 Tbsp. oleo
1 tsp. mustard seeds
1½ c. rice
3 c. chicken broth

3 Tbsp. parsley
3 Tbsp. Parmesan cheese
1 tsp. grated lemon peel
2½ Tbsp. lemon juice

In frying pan, add oleo, mustard seed, and rice. Cook for 3 minutes, until seeds pop and rice clear. In baking dish, add rice, chicken broth, parsley, Parmesan cheese, and lemon peel; stir in lemon juice. Bake in a covered dish at 325° for 25 minutes.

BORANI-EH-ESFANAJ

Navid Emami
Ames Public Library

4 c. fresh spinach, washed and dried (or 1 c. frozen)
2 onions, peeled and thinly sliced
2 cloves garlic, peeled and crushed

2 Tbsp. olive oil
1½ c. lowfat plain yogurt
½ tsp. salt
¼ tsp. freshly ground black pepper

In a nonstick skillet, lightly brown onions and garlic in 2 tablespoons oil for 20 minutes over medium heat. Stir in spinach and saute until slightly wilted. Remove from heat and let cool. In a serving bowl, mix yogurt and spinach; season to taste with salt and pepper. Refrigerate for several hours before serving.

BORANI-EH-BADEMJAN

Navid Emani
Ames Public Library

1 large or 2 small eggplants
(about 1 lb.)
½ c. oil (can use less if
desired)
1 onion, finely sliced
2 cloves garlic, crushed

1 c. plain yogurt
1 tsp. salt
¼ tsp. freshly ground black
pepper
1 Tbsp. fresh mint or 1 tsp.
dried mint

Preheat oven to 350°F. Wash eggplant and prick with fork. Place whole eggplant on oven rack and bake for 1 hour. Remove from oven; place on cutting board and let stand until cool enough to handle. Peel and chop finely. Heat oil in skillet and brown onion and garlic. Add eggplant and mix well. Season to taste with salt and pepper. Remove from heat and let cool. Transfer to serving dish; mix with yogurt and garnish with mint. Refrigerate for several hours before serving.

Notes

Main Dishes

MEAT ROASTING GUIDE

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF			
Standing rib roast (10 inch) ribs (If using shorter cut (8-inch) ribs, allow 30 min. longer)	4	1¾ 2 2½	140° (rare) 160° (medium) 170° (well done)
	8	2½ 3 4½	140° (rare) 160° (medium) 170° (well done)
Rolled ribs	4	2 2½ 3	140° (rare) 160° (medium) 170° (well done)
	6	3 3¾ 4	140° (rare) 160° (medium) 170° (well done)
Rolled rump (Roast only if high quality. Otherwise, braise.)	5 3	2¼ 160° (medium) 3¼	140° (rare) 170° (well done)
Sirloin tip (Roast only if high quality. Otherwise, braise.)	3	1½ 2 2¼	140° (rare) 160° (medium) 170° (well done)
LAMB			
Leg	6	3 3½	175° (medium) 180° (well done)
	8	4 4½	175° (medium) 180° (well done)
VEAL			
Leg (piece)	5	2½ to 3	170° (well done)
Shoulder	6	3½	170° (well done)
Rolled shoulder	3 to 5	3 to 3½	170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To-Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lb.	325°	2½ to 3 hr.
	8 to 12 lb.	325°	3 to 3½ hr.
	12 to 16 lb.	325°	3½ to 4 hr.
	16 to 20 lb.	325°	4 to 4½ hr.
	20 to 24 lb.	300°	5 to 6 hr.
CHICKEN (Unstuffed)	2 to 2½ lb.	400°	1 to 1½ hr.
	2½ to 4 lb.	400°	1½ to 2½ hr.
	4 to 8 lb.	325°	3 to 5 hr.
DUCK (Unstuffed)	3 to 5 lb.	325°	2½ to 3 hr.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

MAIN DISHES



UNLIKELY CHICKEN

Marlys Cooper
Ames Mighty Muskrats 4-H Club Leader

4 small (4 oz.) halves chicken
breast (boneless and
skinless)

$\frac{1}{3}$ c. nonfat plain yogurt

$\frac{1}{3}$ c. apricot or raspberry all-
fruit preserves

1 Tbsp. Dijon mustard

Heat oven to 350°. Rinse chicken breasts in cold water; pat dry with paper towel. Place in small, shallow baking dish in single layer. Combine yogurt, preserves, and mustard; spread over chicken breasts and bake, uncovered, for 45 minutes. Makes 4 servings.

STUFFED CHICKEN BREASTS

Phyllis Craig
Volunteer Center of Story Co.

10 oz. Swiss cheese, shredded
2 eggs, lightly beaten
3 Tbsp. seasoned bread crumbs
3 Tbsp. chopped parsley
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper

6 large chicken breasts
(boneless)
2 Tbsp. vegetable oil
2 c. spaghetti sauce with green
peppers and mushrooms

In a medium bowl, combine cheese, eggs, bread crumbs, parsley, salt, and pepper. Place $\frac{1}{4}$ cup cheese mixture in the center of each chicken breast that has been pounded thin. Roll and secure with toothpicks or string. In a large skillet, brown chicken on both sides in hot oil; drain fat. Pour spaghetti sauce over chicken. Simmer, covered, for 45 minutes, or until chicken is done.

NO PEEK CHICKEN

Kalen Petersen
Retired and Senior Volunteer Program

Pieces from 1 chicken
2 cans cream of mushroom
soup
1 can Cheddar cheese soup

$1\frac{1}{2}$ c. water
2 c. uncooked rice
1 env. dry onion soup mix

Place chicken pieces in a 9x13 inch baking dish. Mix next 4 ingredients and pour over the chicken. Sprinkle soup mix over chicken. Cover and bake for 3 hours at 350°.

LIME CHICKEN

Karen Thompson
Ames City Clerk's Office

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|--|--|
| 1/3 c. fresh lime juice (4 to 6 limes) | 1/2 tsp. dried red pepper flakes (optional) |
| 2 tsp. fresh grated ginger (or 3/4 tsp. powdered) | 4 boneless, skinless chicken breast halves |
| 3 cloves garlic, flattened | 1 1/2 Tbsp. olive oil |

Mix lime, ginger, garlic, and pepper flakes. Slice chicken breasts in halves horizontally. Pour marinade over chicken. Refrigerate for at least 2 hours (can be left all day or overnight), turning meat at least once. Discard marinade. Grill or saute chicken in olive oil until browned on both sides. Serve hot with salsa and lime wedge or chill and use on chef's salad.

PECAN CHICKEN BREASTS

Jill Ripperger
City Clerk's Office of Ames

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|---|----------------------------------|
| 4 chicken breasts, skinned and boned | 1/4 tsp. pepper |
| 1 c. bread crumbs | 1 egg, beaten |
| 1/4 c. finely chopped pecans | 1 Tbsp. water |
| 3/4 c. flour | 2 dashes of Tabasco sauce |
| Salt to taste | Vegetable cooking spray |
| | 2 Tbsp. margarine |

Trim fat from chicken breasts. Mix bread crumbs and pecans in bowl. Sprinkle flour on dinner plate and season with salt and pepper. Beat egg, water, and Tabasco sauce in medium bowl. Dip the chicken breast first in flour, then in egg mixture, then in bread crumb mixture. Place on a plate and chill for 30 minutes. When ready to cook, coat large nonstick skillet with cooking spray. Melt the margarine over medium heat. Add chicken breast; cook for 30 minutes, turning to brown evenly on both sides.

CHICKEN OR TURKEY A LA KING

Carol Neumann
Camp Fire for Boys and Girls

1 (6 oz.) can sliced
mushrooms, drained (reserve
 $\frac{1}{4}$ c. liquid)
 $\frac{1}{2}$ c. diced green pepper
 $\frac{1}{2}$ c. butter or margarine
 $\frac{1}{2}$ c. all-purpose flour

1 tsp. salt
 $\frac{1}{4}$ tsp. pepper
2 c. light cream (I use milk)
 $1\frac{3}{4}$ c. chicken broth
2 c. cubed, cooked chicken or
turkey

In large skillet, cook and stir mushrooms and green pepper in butter for 5 minutes. Blend in flour, salt, and pepper. Cook over low heat, stirring until mixture is bubbly. Remove from heat; stir in cream, broth, and reserved mushroom liquid. Heat to boiling, stirring constantly. Boil and stir for 1 minute. Stir in chicken or turkey; heat through. Serve on baking powder biscuits.

HONEY-GINGER CHICKEN

Carol Neumann
Story County Volunteer Center

3 Tbsp. honey
1 tsp. finely shredded orange
peel
1 Tbsp. orange juice
2 tsp. soy sauce

$\frac{1}{4}$ tsp. ground pepper
 $\frac{1}{8}$ tsp. ground ginger
2 whole medium chicken
breasts, skinned, boned, and
halved lengthwise

Place 1 chicken breast half between 2 pieces of clear plastic wrap. Pound slightly with flat side of meat mallet to $\frac{1}{2}$ inch thickness. Repeat with all remaining chicken.

In a small mixing bowl, stir together honey, orange peel, orange juice, soy sauce, pepper, and ginger. Place chicken on unheated rack of a broiler pan. Broil 4 to 5 inches from heat for about 8 minutes, or till chicken is tender, turning once. Brush frequently with honey mixture during broiling. Makes 4 servings.

CHICKEN PARMESAN

Sonya Lester
Boys and Girls Clubs of Ames

4 skinless, boneless chicken
breast halves
1 egg or 2 egg whites, beaten
 $\frac{1}{2}$ c. dry bread crumbs
2 Tbsp. olive or vegetable oil

2 c. spaghetti sauce
 $\frac{1}{2}$ c. shredded Mozzarella
cheese
4 c. hot cooked spaghetti

Dip chicken into egg. Coat with bread crumbs. In skillet, over medium heat, heat oil. Cook chicken for 10 minutes, or until done. Set aside. In same pan, heat spaghetti sauce to a boil. Return chicken to skillet; cover and cook over low heat for 5 minutes, or until chicken is done. Top chicken with cheese and heat until cheese is melted. Serve over spaghetti.

CHICKEN CREPE

Dick Holtz
Shelter Insurance

**1 lb. chicken breast, boiled
and shredded**
1/2 small white onion, diced
1 rib celery, diced
1/2 small carrot, diced
1/2 c. heavy cream

1/4 lb. shredded Jack cheese
Salt and pepper to taste
1 tsp. thyme
1 c. white wine
8 crepe shells

After you have boiled and shredded the chicken, place carrot, celery, and onion into a large saute pan and cook until tender. Add white wine and reduce until wine is almost gone. Add all the rest of the ingredients into saute pan and cook on low heat until well blended. Place approximately 3 tablespoons of filling onto one side of the crepe and roll up. Bake for 15 minutes at 350°. Top with alfredo sauce.

GOLDEN CHICKEN NUGGETS

MaryAnne Beno
The Tribune

**3 whole fryer breasts, skinned,
boned, and cut into 1 x 1 1/2
inch pieces**
1 egg, slightly beaten
1/2 c. water

3/4 tsp. salt
2 tsp. sesame seeds
1/2 c. flour
1 qt. (about) oil

Mix egg, water, salt, sesame seeds, and flour. Dip chicken into batter; drain.

Pour oil into heavy, sturdy flat bottom 3 quart fryer, filling no more than 1/3 full. Heat over medium heat to 375°. Carefully add chicken, one layer at a time. Fry for 3 to 5 minutes, or until golden. Serves 6.

GRILLED TURKEY TENDERLOIN WITH MARINADE

Mari Lindner

Sugar Tree Ltd. Tearoom

1 lb. turkey tender filets
1/4 c. vegetable oil
1/4 c. low sodium soy sauce
1/4 c. dry sherry
2 Tbsp. lemon juice

2 Tbsp. minced dry onion
1/4 tsp. ginger
Dash of black pepper
Dash of garlic powder

Blend all ingredients, except turkey, in a shallow glass pan. Add turkey, turning to coat both sides. Cover and marinate in refrigerator for several hours, turning occasionally. Grill turkey for 6 to 8 minutes per side. Turkey is done when there is no pink in center. Do not overcook. Serves 4.

CAJUN CHICKEN PASTA

Pat Olinger

JC Penney

2 boneless chicken breasts, cut
in thin strips
2 tsp. Cajun seasoning
2 Tbsp. butter
8 slices each green and sweet
pepper
4 large mushrooms, sliced
1 green onion, sliced
1 to 2 c. heavy cream

1/4 tsp. dried basil
1/4 tsp. lemon pepper
1/4 tsp. salt
1/8 tsp. garlic powder
1/8 tsp. pepper
4 oz. linguine, cooked and
drained
Grated Parmesan cheese

Place chicken and Cajun seasoning in a bowl or bag and coat. Saute chicken in butter over medium heat for 5 to 7 minutes. Add peppers, mushrooms, and onion; cook for 2 to 3 minutes. Reduce heat; add cream and seasonings. Heat through. Add linguine and toss.

CHICKEN POT PIE

Marge Moore

2 cans cream of potato soup
1 can cream of chicken soup
1 c. milk
1/4 tsp. pepper
1/4 tsp. thyme leaves, crushed

4 c. cooked, cut up vegetables
(broccoli, carrots, peas)
2 c. cooked, cubed chicken
1 pkg. refrigerated biscuits (or
homemade)

Mix first 7 items together. Pour into a greased shallow baking pan (9x13 inches) and bake at 400° for 15 minutes - everything but biscuits. Stir. Arrange biscuits over chicken mixture and bake for 15 minutes more.

KING RANCH CHICKEN

Wayne C. Payeur

1 (2½ to 3 lb.) chicken
1 can Ro-Tel diced tomatoes
and chilies
1 can cream of mushroom
soup
1 can cream of chicken soup

1 c. chicken broth
1 small onion, chopped
12 corn tortillas
12 to 16 oz. Monterey Jack
cheese

Boil and debone chicken. Mix chicken, soups, broth, Ro-Tel (nothing else will be the same), and tortillas, torn in pieces. Place half of this mixture in the bottom of a lightly sprayed casserole; top with half of the onion and half the cheese. Repeat with remaining mix, onion, and cheese. Bake at 350° for 30 minutes, or until cheese bubbles. Serves 8 to 10.

CHICKEN DIABLE

Pat Fawcett
Homeward

1 (3 lb.) fryer, cut up
4 Tbsp. butter or oleo
½ c. honey

¼ c. mustard (prepared)
1 tsp. salt
1 tsp. curry powder

Melt butter in shallow 9x13 inch baking pan; stir in remaining ingredients. Roll chicken pieces in butter mixture to coat all sides; arrange, meaty side up, in single layer in same pan. Bake in oven at 375° for 1 hour, or until chicken is tender and richly glazed.

TURKEY MEAT LOAF

Peg Jacobson
Ames High School Media

1 lb. ground turkey
1 egg white
½ c. oat bran
3 Tbsp. ketchup
1 Tbsp. Worcestershire sauce
½ tsp. Dijon mustard

½ green pepper, minced
3 Tbsp. minced onion
2 Tbsp. chopped green olives
¼ tsp. sage
¼ tsp. celery salt
¼ tsp. pepper

Mix all ingredients together and form into a loaf. Bake at 350° for 70 to 75 minutes. Can use meat thermometer (170°) to be sure of doneness.

CHICKEN AND RICE CURRY

Michael DiBlasi

Dept. of Correctional Services

2 lb. boneless, skinless chicken
1 large pkg. mixed vegetables
1 medium white onion, diced
1 c. brown rice
3 c. water
1/8 tsp. garlic powder

1 Tbsp. curry powder
2 tsp. sugar
3/4 tsp. salt
1/4 tsp. ground ginger
1/8 tsp. black pepper (or to taste)

Heat chicken breasts in microwave for 10 minutes. After cooled, dice up chicken into small chunks. Put all the ingredients into crock pot. Mix well before starting. Cook in crock pot for 8 to 10 hours on LOW. Mix a couple of times while cooking.

CROCK POT CHICKEN AND NOODLES

K. Gibbs

Dept. of Correctional Services

1 lb. boneless chicken breast*
1 can creamy chicken
mushroom soup*

1 can cream of chicken soup*
1 c. cooking wine
1 pkg. frozen noodles*

Cut chicken breast into 1 inch pieces. Empty both cans of soup into the crock pot. Add cooking wine and stir until creamy. Add chicken pieces and stir. Put lid on crock pot and cook on LOW heat for 8 hours (or 4 hours on HIGH). Stir occasionally. Prepare noodles as directed on package and add to crock pot 30 minutes prior to serving.

* Trim fat off chicken and use reduced fat soups and fat-free noodles for a lowfat, lower calorie meal.

CHICKEN CASSEROLE

Juanita Hovick

Bethany Manor

2 c. macaroni
2 c. diced chicken
2 c. milk
1 (10³/₄ oz.) cream of chicken
soup

1/2 c. onion, diced (optional)
1/2 c. Cheddar cheese, shredded

Mix all ingredients together the night before in casserole dish and bake the next day. Bake at 350° until bubbly, 35 to 45 minutes.

THYMES REMEMBERED CHICKEN CASSEROLE

Lee Meier

Collegiate Presbyterian Church

- 1 (6 oz.) pkg. long grain and wild rice, cooked**
- 1 (16 oz.) pkg. frozen chopped broccoli, thawed**
- 3 c. cooked, diced chicken**
- 1 c. American process cheese, shredded**
- 1 c. fresh sliced mushrooms**

- 1/2 c. mayonnaise**
- 1 can cream of mushroom soup**
- 1/4 tsp. dry mustard**
- 1/4 tsp. curry powder**
- 1/4 c. Parmesan cheese**
- 1/2 c. crushed croutons**
- 1 Tbsp. butter**

Heat oven to 350°. Grease 9x13 inch pan. Layer rice, broccoli, chicken, cheese, and mushrooms. In small bowl, combine mayonnaise, soup, mustard, and curry powder. Pour over chicken mixture. Sprinkle with Parmesan cheese. Saute croutons in butter. Sprinkle over all. Bake for 30 minutes until hot and bubbly. Serves 6.

CHICKEN, RICE, VEGETABLE CASSEROLE

Karen K. McCoy

Ames Public Library

- 2 c. cut up chicken**
- 3/4 c. cut up cauliflower**
- 3/4 c. cut up broccoli**
- 3/4 c. cut up carrots**
- 1/4 c. celery, cut up**
- 1 medium onion, diced**

- 3/4 c. instant rice**
- 1 c. shredded Cheddar cheese**
- 1 can cream of chicken soup**
- 1 small can mushrooms (and liquid)**

Mix all the preceding together and put in a large greased casserole dish. Bake at 350° for 1 hour, or until vegetables are tender.

RECOGNITION CHICKEN CASSEROLE

RSVP Staff

Story County RSVP

- 2 boneless chicken breasts**
- 1 (10 1/2 oz.) can cream of mushroom soup**
- 1/2 can (5 oz.) milk**
- 1/2 c. Miracle Whip**
- 2 (4 oz.) jars sliced mushrooms**
- 1 small onion, chopped**

- 1 1/2 c. shredded Cheddar cheese**
- 1 (8 oz.) pkg. herb seasoned stuffing mix**
- 1 c. chicken broth**
- 1 stalk celery, sliced**
- 1 glove garlic**

Simmer chicken with onion, celery, and garlic until tender. Cube chicken. Combine soup, milk, and Miracle Whip for a sauce. Mix with other ingredients. Mix until all ingredients are moist. Put in a sprayed 9x13 inch pan and bake at 325° for 45 minutes.

CHICKEN AND PASTA CASSEROLE

Pat Banitt

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|--|--------------------------------|
| 2 c. shell macaroni (1 box - uncooked) | 1 can water chestnuts, sliced |
| 2 c. milk | 2 c. diced, cooked chicken |
| 1 can cream of mushroom soup | 1/2 c. diced celery |
| 1 can cream of chicken soup | 1/4 lb. Velveeta cheese, cubed |
| 1 can mushroom bits | 1 small onion, chopped |
| | 2 oz. pimento, diced |

Combine all of the ingredients. Put into a 9x13 inch pan. Cover and refrigerate overnight. Bake, covered, at 350° for 1½ hours.

CHICKEN CASSEROLE

Carol Neumann

Camp Fire for Boys and Girls

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|-------------------------|-------------------------------|
| 4 to 5 chicken breasts | 1 can cream of mushroom |
| Shredded Cheddar cheese | 2 c. Pepperidge Farm stuffing |
| 1 can cream of chicken | 1 stick butter, melted |

Place 4 to 5 chicken breasts in 9x13 inch pan. Sprinkle Cheddar cheese (shredded) over chicken. Mix 1 can cream of chicken and 1 can cream of mushroom soup together; pour on top of cheese. Mix 2 cups of Pepperidge Farm stuffing with 1 stick of melted butter. Place on top. Bake at 350° for 1½ hours.

DORIS' CHICKEN CASSEROLE

Carol Neumann

Camp Fire for Boys and Girls

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|--|-------------------------------|
| 2 boxes Uncle Ben's long grain and wild rice (original recipe) | 1 can cream of mushroom soup |
| 1½ c. water | Seasoning from wild rice pkg. |
| 1 can cream of celery soup | 1 cut up chicken |

Spray large baking dish with non-stick spray. Empty the 2 boxes of Uncle Ben's rice. Mix water, soups, and Uncle Ben's seasoning, then pour over rice. Place chicken on top. Bake in 350° oven for 1½ to 2 hours.

CHICKEN SAUERKRAUT CASSEROLE

Marlys Wells
Iowa Gun Dog Association

**4 chicken breast fillets
(boneless)**
1 can sauerkraut
**1 (16 oz.) bottle Thousand
Island salad dressing**

**Swiss cheese (1 block or thinly
sliced)**

I split the breast fillets and put on bottom of 9x13 inch casserole dish. Drain sauerkraut and spread over top of chicken. Drizzle layer of Thousand Island dressing over sauerkraut. Sprinkle or layer cheese on top. Cover with foil and bake at 350° for 1 hour and 15 minutes.

Note: I use lowfat cheese and salad dressing.

5 CAN CASSEROLE

AIDS Coalition

1 can chicken noodle soup
1 can cream of chicken soup
1 can (tuna size can) chicken

1 can evaporated milk
**1 large can or $\frac{2}{3}$ bag chow
mein noodles**

Put together in casserole dish and bake at 325° for 30 minutes.

MY FAVORITE CHICKEN CASSEROLE

Representative Teresa Garman

1½ c. uncooked macaroni
2 c. milk
1 can cream of chicken soup
**1 can cream of mushroom
soup**
**½ lb. Velveeta or Cheddar,
grated or cubed**

1 chicken, cooked and boned
½ tsp. salt
1 can mushrooms
1 small onion, diced

Mix. Put in 9x13 inch baking dish. Let stand overnight in refrigerator. Bake for 1 hour at 350°. Serves 8.

KAY'S CHICKEN CASSEROLE CHERYLE

Janis Diehl

Asst. Coordinator, Story County Emergency Management

6 skinned and deboned
chicken breasts, cut in large
bite-size pieces

1 can cream of chicken soup

2 c. Pepperidge Farm stuffing
mix

1 (10 oz.) pkg. Swiss cheese

$\frac{1}{2}$ c. milk

1 stick margarine, melted

Layer chicken, Swiss cheese, soup that has been mixed with milk, dry stuffing mix, melted margarine. Cover; bake at 350° for 45 minutes to 1 hour.

TURKEY CRUNCH CASSEROLE

Joyce Sievers

The Tribune

$\frac{3}{4}$ c. broth or milk

2 Tbsp. minced onion

3 c. diced chicken or turkey

2 c. chow mein noodles

2 cans cream of mushroom
soup

$1\frac{1}{2}$ c. chopped celery

1 can tuna

Combine all ingredients. Bake at 325° for 45 minutes.

TURKEY AND DRESSING CASSEROLE

Mary Janet Swanson

2 c. cooked turkey

8 slices dry bread, broken up

1 egg

$\frac{1}{2}$ tsp. sage

1 stick butter, melted

1 can cream of chicken soup

1 can cream of mushroom
soup

1 can chicken noodle soup

Line 9x13 inch pan with bread. Mix together egg, sage, butter, and soups. Add turkey. Pour over bread and bake at 350° for 1 hour.

TURKEY DRESSING BAKE

Pat Twedt

City of Story City

1 (7 or 8 oz.) herb seasoned
stuffing

1 can condensed cream of
mushroom soup

2 c. chicken broth

2 eggs, well beaten

$2\frac{1}{2}$ c. turkey, cut up

$\frac{1}{2}$ c. milk

2 Tbsp. chopped pimento

Toss stuffing with half of the soup, broth, and eggs. Spread in 9x13 inch pan. Spoon turkey over. Combine remaining half of soup with milk and pimento. Pour over meat. Cover with foil and bake for 45 minutes at 350°.

STIR-FRIED SHREDDED BEEF WITH GREEN PEPPER

Karin Messenger

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|---|--|
| 1 lb. beef boneless sirloin or round steak | 2 tsp. cornstarch |
| 1 Tbsp. cornstarch | 1 tsp. sugar |
| 2 tsp. vegetable oil | 1 Tbsp. water |
| ½ tsp. salt | 2 tsp. mushroom soy sauce |
| ¼ tsp. white pepper | ½ tsp. sesame oil |
| 6 shallots or green onions | 3 Tbsp. vegetable oil |
| 1 green bell pepper | 1 tsp. finely chopped ginger root |

Trim fat from beef steak; cut beef lengthwise into 2 inch strips. Cut strips crosswise into ¼ inch slices. Stack slices, cut lengthwise into thin strips. Toss beef, 1 tablespoon cornstarch, 2 teaspoons vegetable oil, salt, and white pepper in medium bowl. Cover and refrigerate for 30 minutes. Cut shallots or green onions into thin slices. Cut green pepper into thin strips. Mix 2 teaspoons cornstarch, sugar, water, soy sauce, and sesame oil. Heat wok until very hot. Add 3 tablespoons vegetable oil; tilt wok to coat side. Add beef and ginger root; stir-fry for 1 minute. Add shallots or green onions and green pepper. Stir-fry for 1 minute. Stir in cornstarch mixture; cook and stir for 15 seconds, or until thickened.

BENOIT'S BEEF AND BARLEY

Bobbie Boeke

Collegiate Presbyterian Church

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|-------------------------------------|---|
| ¾ c. chopped onion | 2 Tbsp. shortening |
| 1 c. pearled barley (medium) | 1 can cream of mushroom soup |
| 1 Tbsp. butter | 1 (4 oz.) can button mushrooms (undrained) |
| 4 c. water | ½ tsp. salt |
| 2 lb. tenderloin steak | 1 tsp. Worcestershire sauce |
| ⅓ c. fine bread crumbs | 1 (4 oz.) can pimiento, chopped |
| 1 Tbsp. sesame seed | |
| 1 tsp. salt | |
| 1 tsp. paprika | |

Saute onion and barley in butter. Add 2 cups of the water. Cover and simmer for 15 minutes. Cut steak into strips and roll in mixture of crumbs, sesame seed, salt, and paprika. Brown in hot shortening. Combine barley with soup, mushrooms, ½ teaspoon salt, Worcestershire sauce, pimiento, and remaining 2 cups water. Add browned tenderloin strips. Pour into 3 quart casserole or 9x13 inch baking dish. Cover. Bake in 325° oven for 1½

hours. Uncover and bake for about 30 minutes more (pour $\frac{1}{2}$ cup boiling water over casserole if needed). Garnish with Melba toast slices and parsley if desired. Makes 8 to 10 servings.

LAZY DAY STROGANOFF

Amy Jones
Eddie Bauer

1 lb. round steak
1 can cream of mushroom
soup

1 can French onion soup
1 c. sour cream
1 small can mushrooms

Cube round steak. Mix all ingredients together (meat will cook in mixture). Place into a 300°F. oven for 3 hours. Serve over noodles or rice.

CONNECTICUT SUPPER

Melissa Beno
Blimpie Heartland Development

1 lb. stew meat
4 medium potatoes, sliced thin
1 can cream of mushroom
soup
1 pt. sour cream

1 soup can of milk
1 c. dry cereal (corn flakes or
Wheat Chex)
8 oz. shredded Cheddar cheese

Brown meat; simmer with a little water until tender (approximately 1 hour). In casserole, layer cooked meat and sliced potatoes. Mix soup and sour cream thoroughly, then mix in milk. Pour mixture over meat and potatoes. Layer with cereal, then the cheese on top. Bake for 1 hour at 350°.

PEPPERONI POTATOES

Sandra Peterson
Promise Jobs Caseworker

1 lb. hamburger
5 potatoes (good size)
1 can nacho cheese soup and
 $\frac{1}{2}$ can milk

1 can tomato soup and $\frac{1}{2}$ can
milk
1 pkg. pepperoni
8 oz. sharp cheese

Layer the preceding ingredients as follows in a 9x13 inch baking pan - brown the hamburger and spread over the bottom. Top with sliced raw potatoes. Cover with cheese soup mixed with milk; also pour over the tomato soup with milk. Spread pepperoni over the top and grate the cheese over all. Bake at 350° for about 45 minutes, or until potatoes are tender.

PORK STEAK CASSEROLE

Pat Twedt
City of Story City

- 3 to 4 pork steaks (or use butterfly pork chops)**
- 2 c. uncooked rice (brown or white)**
- 1 can chop suey vegetables**

- 10½ oz. can cream of mushroom soup**
- 1½ c. water**
- Soy sauce**
- 1 can French fried onion rings**

Trim fat from steaks. Place rice in shallow 1½ quart baking dish, 10x10x2 inches. Drain vegetables, saving liquid. Spread vegetables evenly over rice. Spoon soup over mixture. Add vegetable liquid and water. Place steaks on top, brushed with soy sauce. Continue to baste meat with soy sauce as casserole bakes. Bake at 350° for 1 hour. Sprinkle onion rings on top. Bake for 15 minutes more. Serves 4.

PORK CHOP CASSEROLE

Christa Sindt
Ames Mighty Muskrats 4-H

- 6 thick pork chops**
- 10 medium potatoes, sliced**
- ⅔ c. water**

- 7 medium carrots, sliced**
- 1 large onion, sliced**
- Salt and pepper**

Sprinkle pork chops with salt and pepper. Brown lightly on both sides in lightly greased skillet. Grease a 2 quart casserole. Layer vegetables in casserole in this order: Carrots, potatoes, and onions. One layer of each. Arrange pork chops on top of casserole. Pour water in skillet. Stir pork chops in casserole. Cover and bake in 350° oven for 1 hour. Uncover and continue baking for 10 minutes longer.

Options: Dried minced onion instead of fresh onion.

BAKED SPAGHETTI

Andrea Zeimet
Colo-Nesco Schools

- 1 c. chopped onion**
- 1 c. chopped green pepper**
- 1 Tbsp. margarine**
- 1 (28 oz.) can tomatoes with liquid, cut up***
- 1 (4 oz.) can mushroom stems and pieces, drained**
- 1 (4 oz.) can sliced ripe olives, drained**
- 2 tsp. dried oregano**

- 1 lb. ground beef, browned and drained (optional)**
- 12 oz. spaghetti, cooked and drained**
- 2 c. (8 oz.) shredded Cheddar cheese**
- 1 can cream of mushroom soup (undiluted)**
- ¼ c. water**
- ¼ c. Parmesan cheese**

In a large skillet, saute onion and green pepper in margarine until tender. Add tomatoes, mushrooms, olives, and oregano. Add ground beef if desired. Simmer, uncovered, for 10 minutes. Place half of the spaghetti in a greased 13x9x2 inch baking dish. Top with half the vegetable mixture. Sprinkle with 1 cup of Cheddar cheese. Repeat layers. Mix the soup and water until smooth; pour over casserole. Sprinkle with Parmesan cheese. Bake, uncovered, at 350° for 30 to 35 minutes, or until heated through. Yield: 12 servings.

* I use Mrs. Grimes diced tomatoes with oregano and basil seasoning. I, then add only 1 teaspoon of oregano to the recipe.

CASSEROLE SAUCE MIX

Donna Busch
Department of Correctional Services

2 c. nonfat dry milk powder	1 tsp. dried thyme, crushed
$\frac{3}{4}$ c. cornstarch	1 tsp. dried basil, crushed
$\frac{1}{4}$ c. chicken bouillon crystals	$\frac{1}{2}$ tsp. pepper
2 Tbsp. dried onion flakes	

Combine ingredients and store in airtight container.

To use: Substitute for 1 can condensed soup - mix $\frac{1}{3}$ cup dry mix with 1 cup water in saucepan. Cook and stir until thickened.

PIZZA CASSEROLE

Shelley Goecke
North Grand Mall

1 (8 oz.) pkg. noodles	1 (4 oz.) can mushrooms
1 lb. sausage	$\frac{1}{2}$ lb. Mozzarella cheese
$\frac{1}{4}$ c. chopped onion	2 (8 oz.) cans pizza sauce

Combine ingredients. Top with cheese. Bake at 350° for 25 to 30 minutes.

PIZZA CASSEROLE

Tammy Little

1 lb. ground beef	1 can mushrooms (optional)
1 pkg. pepperoni (optional)	$\frac{1}{2}$ tsp. oregano
6 oz. spaghetti	$\frac{1}{2}$ tsp. basil
2 c. shredded Mozzarella	1 clove garlic
2 c. shredded Swiss	Dash of salt
1 (15 oz.) can tomato sauce	

Break spaghetti into small pieces. Cook spaghetti according to directions on package and drain. Brown ground beef; drain excess fat. Rinse

with warm water and drain again. Mix together cooked spaghetti, sauce, ground beef, and seasonings. Spread half of mixture in a greased 9x13 inch baking dish. Add a layer of mushrooms and pepperoni. Add a layer of cheeses. Repeat layers. Bake at 350° for 30 to 40 minutes, or until heated through.

PIZZA CASSEROLE

Tami Fitzgerald
Homeward

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|-------------------------------------|------------------------------------|
| 1 lb. ground beef | 1/4 c. water |
| 1/2 c. chopped onion | 1/2 Tbsp. garlic salt |
| 2 c. macaroni, cooked | 1/2 Tbsp. leaf oregano |
| 1 pkg. grated Mozzarella | 1/2 Tbsp. basil |
| 1 pkg. grated Cheddar cheese | 1 (15 oz.) can tomato sauce |

Brown ground beef and onions. In oblong casserole dish, mix tomato sauce, water, and seasonings. Add meat, onions, and macaroni; stir. Sprinkle with cheeses. Add either (or both) sliced pepperoni and mushrooms or Canadian bacon. Top with Parmesan cheese. Bake for 20 to 30 minutes in 375° oven.

VEGGIE PIZZA

Betsy Nelson
Gilbert Jr.-Sr. High School

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|------------------------------------|----------------------------------|
| 2 pkg. crescent rolls | Assorted cut up carrots, |
| 2 (8 oz.) pkg. cream cheese | tomatoes, green peppers, |
| 2/3 c. mayonnaise | cucumbers, radishes, etc. |
| 1 tsp. dill weed | (your choice) |
| 1 tsp. dry minced onion | |

Unroll crescent rolls. Press out in one continuous sheet onto greased jelly roll pan (cookie sheet). Bake according to package directions. Cool. Mix next 4 ingredients thoroughly and spread on top of crust. Cut up vegetables of your choice. Sprinkle on top and press gently into cream cheese mixture to set. Chill. Also makes a great hot night summer supper. Cut into squares or diamond shapes.

BUBBLE PIZZA

Kathy Martin
ISU Credit Union

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|------------------------------------|-------------------------------|
| 2 tubes buttermilk biscuits | 2 c. Mozzarella cheese |
| 16 oz. pizza sauce | 2 c. Cheddar cheese |
| 1 1/2 lb. ground beef | |

Brown; drain beef. Quarter biscuits and mix with beef and sauce. Put in 13x9 inch greased pan. Bake in 400° oven for 20 minutes. Remove from heat; top with cheese. Bake for 10 more minutes. Let stand for 10 minutes before serving.

PITA PIZZA

Sally Kreamer

Day Program Center - Department of Correctional Services

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|----------------------------|------------------------------|
| 1 pita bread | 1/2 c. Feta cheese, crumbled |
| 1/2 c. red pepper, chopped | 3 Tbsp. Dijon mustard |
| 1/4 c. onion, sliced | 1/2 c. green pepper, chopped |

Place on the pita bread the mustard followed by the pepper and onion. Place the cheese on top and bake at 350° for about 10 minutes.

EASY PEPPERONI PIZZA

Annette Koudelka

United Way of Story County

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|----------------------|--------------------------|
| 1 3/4 c. flour | 1/4 c. Parmesan cheese |
| 1 tsp. baking powder | 2 c. shredded Mozzarella |
| 1 tsp. salt | Pepperoni slices |
| 2/3 c. milk | Pizza toppings |
| 1/4 c. vegetable oil | 16 oz. jar pizza sauce |

Mix flour, baking powder, and salt. Add milk and vegetable oil. Mix and knead on counter 10 times. Pat on pizza pan. Sprinkle Parmesan onto crust, then 1 cup shredded cheese and meat (etc.) plus pizza sauce. Sprinkle another cup of Mozzarella on top and bake for approximately 20 minutes, or until crust is golden and cheese is melted, at 425°.

MEXICAN PIZZA

Melissa Haberer

Volunteer Coordinator - Story Co. Dept. Human Services

Crust:

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|----------------------|------------------|
| 1 1/4 c. flour | 3/4 c. corn meal |
| 1 tsp. baking powder | 1 tsp. salt |
| 2/3 c. milk | 1/4 c. olive oil |

Other ingredients:

- | | |
|--------------------------|---------------------------|
| 1 c. refried beans | 1 c. salsa |
| 2 Tbsp. green chilies | 1 onion, chopped |
| 2 Tbsp. cilantro, minced | 1 c. shredded Jack cheese |
| 1/2 c. olives, chopped | Salt and pepper |

Preheat oven to 400°. Combine crust ingredients. Roll out onto pizza pan. Partially bake for 12 minutes. Spread beans over crust. Top with rest of ingredients. Bake for 15 to 20 minutes.

PIZZA BY THE YARD

DD Gass
Camp Fire

1 loaf French bread
1 (6 oz.) can tomato paste
1/4 c. chopped onion
1 green pepper, cut in rings
2 tomatoes, sliced
1/4 c. ripe olives, halved and pitted

6 oz. Mozzarella cheese, shredded
1 1/2 lb. ground beef
1/3 c. grated Parmesan cheese
1/2 tsp. crushed oregano
3/4 tsp. salt
4 oz. sharp cheese, shredded

Cut loaf lengthwise; remove some bread in center of loaf. Combine tomato paste, onion, Parmesan, olives, oregano, salt, and 1/8 teaspoon pepper. Add browned and drained hamburger; mix well.

Spread on top the loaf half. Place on baking sheets. Bake in 400° oven for 20 minutes. Remove from oven; top with tomato slices and green pepper rings (overlapping them). Sprinkle cheese on top. Bake for 5 minutes, or until cheese melts.

VEGETABLE PIZZA

Donna Busch
Department of Correctional Services

1 can (8) refrigerator crescent rolls
1 1/3 c. cottage cheese, whirled in blender
1 1/2 tsp. dill weed
1/2 c. reduced calorie mayonnaise

Chopped vegetables (such as 1 c. onion, 1 c. cauliflower, 1 c. grated carrots, 1 c. celery, 1 c. broccoli)

Spray 14 inch pizza pan with release agent. Press in crescent rolls. Spread to fill cracks. Bake at 375° for 10 minutes. Let cool. Whirl cottage cheese in blender until smooth, then mix by hand with mayo and dill weed and vegetables. Spread on crust. Chill. This serves 8.

VEGETABLE PIZZA

Claudia Pauk

Iowa Farm Business Association

2 cans crescent rolls
8 oz. cream cheese
1 tsp. onion flakes
Diced green pepper
Diced green olives

1 c. sour cream
1 tsp. garlic salt
Diced tomatoes
Diced green onion
Diced ripe olives

Spread slices of crescent rolls in cookie sheet. Bake according to directions, then cool. Mix sour cream, cream cheese, garlic salt, and onion flakes. Spread over crust. Top with diced vegetables.

SHRIMP PIZZA

Lynne Van Valin

Ames Public Library

8 oz. cream cheese or light
cream cheese, softened
1 Tbsp. milk
 $\frac{1}{3}$ c. ketchup
 $\frac{1}{3}$ c. shrimp or cocktail sauce
1 small (16 oz.) bag frozen
shrimp

Garlic salt
Parmesan cheese
Parsley
Crackers

Use round glass plate or tray with sides. Mix cream cheese and milk; spread on tray with spoon. Make ridge around the edge. Mix ketchup and shrimp sauce; spread on cream cheese. Rinse bag of shrimp and place on sauce. Sprinkle with garlic salt, Parmesan cheese, and parsley. Chill and serve with crackers.

BEANS AND PASTA

Town and Country Market

1 can beans (Great Northern or
navy)
Assorted fresh vegetables
Olive oil

Garlic
1 (7 oz.) pkg. pasta
Parmesan cheese

Boil pasta as directed on package. Saute vegetables in olive oil with garlic. Combine cooked pasta, vegetables, and beans in baking dish. Cover with Parmesan cheese. Bake at 350° for 30 minutes, or until brown and bubbly.

MACARONI CASSEROLE

Jeanne Allen
Quilting Connection

- | | |
|-------------------------------------|-------------------------------|
| 1 can cream style corn | 1 to 1¼ c. large elbow |
| 1 can whole kernel corn | macaroni (uncooked) |
| 1 c. chopped Velveeta cheese | ½ stick margarine |

Mix all ingredients; bake at 350° for 1 hour, or until macaroni is cooked. Stir once or twice during baking, but let it brown on top near end of cooking time.

RISI E BISI

Karen Thompson
Ames City Clerk's Office

- | | |
|------------------------------------|------------------------------------|
| 4 to 5 c. chicken broth | 1½ c. rice (uncooked) |
| 4 Tbsp. butter or margarine | 2 Tbsp. softened butter or |
| ½ c. finely chopped onion | margarine |
| 2 c. fresh peas* | ½ c. grated Parmesan cheese |
| ¼ lb. cooked, smoked, diced | |
| ham | |

Heat stock in 2 to 3 quart saucepan. In heavy 3 quart casserole or frying pan, melt margarine or butter and saute onions. Add peas, rice, and ham. Cook for 2 minutes. Add 2 cups stock; cook, uncovered, until liquid is absorbed. Add another cup of stock. When this is absorbed, rice and peas should be tender. If not, add more stock, ½ cup at a time. Continue cooking and stirring. Stir in 2 tablespoons of margarine and cheese. Serve while rice is creamy and hot.

* If frozen peas are used instead of fresh peas, add towards the end.

OVERNIGHT CASSEROLE

Deb Catron
Kelley, IA

- | | |
|---------------------------------------|-------------------------------------|
| 2 c. uncooked macaroni | 2 c. milk |
| ½ lb. cut up Velveeta or 1 can | 2 c. cooked ham or chicken |
| cheese soup | 3 hard cooked eggs, chopped |
| 1 small onion, chopped | 1 c. frozen mixed vegetables |
| 2 cans cream of mushroom | Crushed potato chips |
| soup | (optional) |

Mix all ingredients together in a 9x13 inch pan and refrigerate overnight. Allow 1 hour at room temperature. Bake, covered, for 1 hour at 350°. Let stand for 10 minutes before cutting. Crushed potato chips may be put on the top before baking.

CRESPELLA ALLA BOLOGNESE

Karin Messenger

Bolognese Filling:

2 Tbsp. margarine	1 Tbsp. tomato paste
1 Tbsp. olive oil	½ c. beef stock
2 onions, chopped finely	1 bay leaf
8 oz. ground beef	2 tsp. chopped basil
1 green pepper, chopped	1 tsp. chopped oregano
4 oz. canned plum tomatoes (save juice)	2 Tbsp. sherry
	Salt and pepper to taste

Heat the butter and oil in a deep saucepan for the Bolognese Filling. Put in onion and cook slowly until soft, but not colored. Increase heat and add beef. Stir the beef while cooking until meat is brown. Add chopped pepper, tomatoes and their juice, tomato paste, stock, herbs, and salt and pepper to taste; simmer gently for 45 minutes, or until mixture thickens, stirring occasionally. Add sherry and cook for 5 minutes. Set aside.

Crespelle Batter:

3 eggs	1 c. water
1 c. all-purpose flour	2 tsp. olive oil
Pinch of salt	Melted butter

Sift the flour for the Crespelle with a pinch of salt. Break the eggs into a bowl and beat to mix thoroughly. Mix the flour into the eggs gradually, beating all the time until the mixture is smooth. Add water and the oil; stir in well. Cover the bowl with a damp cloth and leave in cool place for 30 minutes. Heat the crepe pan or 7 inch frying pan. Lightly grease with melted butter and pour a large spoonful of batter into center of pan. Swirl the pan to coat the base evenly. Fry until Crespelle is brown on the underside; loosen the edge with a pallet knife and turn over and brown other side. Stack and wrap in a clean towel until needed.

Tomato Sauce for Crespelle Alla Bolognese:

1 Tbsp. butter or margarine	Salt and pepper
1 clove garlic, crushed	Pinch of sugar
1 onion, finely chopped	Fresh basil leaves
1 lb. canned plum tomatoes	

Melt butter in small saucepan and cook garlic and onion slowly for about 5 minutes, or until softened, but not colored. Chop 2 teaspoons of basil leaves. Add the tomatoes to onion and garlic along with basil, salt, pepper, and pinch of sugar. Cook for 10 to 15 minutes. Drain to remove seeds, pressing the pulp against the strainer to extract as much liquid.

To Assemble: Lay the Crespelle out on large clean work surface and put 2 heaped spoonfuls of Bolognese Filling into each. Roll up and place in ovenproof dish. Repeat until all the Crespelle have been filled. Put in

400° oven and heat for 8 minutes. Heat tomato sauce and spoon over Crespelle before serving. Garnish with basil leaves and serve immediately.

CAVATINI

Diane Bramble

1/2 lb. hamburger
1 c. chopped green bell pepper
1 c. chopped onion
1 (6 oz.) can tomato paste
1 c. water
1/2 c. sliced mushrooms,
drained

1/3 c. canned sliced ripe olives
1 Tbsp. Italian seasoning
3/4 c. shredded Cheddar cheese
3/4 c. shredded Mozzarella
cheese
2 c. cooked pasta

Preheat oven to 350°. In a large skillet, brown hamburger, green pepper, and onion. Add tomato paste, water, mushrooms, olives, seasoning, pasta, and Cheddar cheese. Spoon mixture into 8x8 inch baking dish sprayed with olive-flavored cooking spray. Cover and bake for 20 to 30 minutes. Sprinkle Mozzarella cheese on top and continue baking until cheese melts, about 5 to 6 minutes.

MEAL IN AN HOUR

Tamara Soensken
The Tribune

2 lb. ground beef, browned
and drained
1 can golden mushroom soup

1 can Cheddar cheese soup
1 pkg. crinkle cut French fries

Crumble beef in bottom of casserole dish. Layer the soups over meat. Top with French fries. Bake at 350° for 45 to 50 minutes.

DAD'S GOULASH

Paul Smith
Mayor, City of Gilbert

1/2 bag elbow noodles (large)
1 lb. hamburger
1 1/2 c. ketchup
1/4 c. A.1.
1/2 c. barbecue sauce
1 Tbsp. mined onion
Dash of ground sage

Pinch of barbecue spice
Shake of hot chili powder
1 tsp. hickory smoke salt
Dash of ground oregano
Pinch of basil leaves
4 shakes of garlic powder

Boil elbow noodles until tender. Brown hamburger and drain off grease. Drain noodles. Add cooked hamburger to noodles in large bowl. Add ketchup, A.1., and barbecue sauce. Mix contents completely. Add spices while continuing to mix contents. Once all ingredients are mixed, place

back on stove and let simmer for several minutes. Stir occasionally and cover. Serve warm.

CASSEROLE

Ruth Anderson
Bethany Manor Volunteer

1½ lb. hamburger

Onion to taste

Brown. Put into 9x13 inch pan.

Add:

1 c. Minute rice
1 can celery soup

1 can chicken gumbo soup
2 cans water

Cover all with potato chips. Bake in 350° oven for 1 hour and 15 minutes. Makes 8 to 10 servings.

MOM'S SPAGHETTI

Deborah Blaedel

1 lb. ground beef
Mazola oil
16 oz. spaghetti
1 green pepper, diced
½ c. olives, chopped
3 Tbsp. brine from olives
1 tsp. thyme
½ tsp. allspice

2 cans tomato paste
1 tsp. salt
¼ tsp. pepper
1½ c. canned tomatoes
(undrained)
½ tsp. sugar
1 bay leaf
3 sections garlic

Use deep iron skillet. Heat oil (as much as needed to keep from sticking) and lightly saute green pepper and garlic. Add meat, mashing as sears, breaking up into chunks with wooden spoon. Add tomato paste diluted with same amount of water. Add tomatoes and seasonings; let simmer slowly for 1 hour. Add olives and brine; cook for an additional 10 minutes. Remove bay leaf and serve over cooked spaghetti.

BOW TIE PASTA

Sally Kreamer
Dept. of Correctional Services - Day Program Center

1 Tbsp. olive oil
¼ c. cooking wine
1 lb. chicken breast
2 cloves minced garlic

1 tsp. parsley
½ pkg. bow tie noodles
Romano cheese

In heavy skillet, add oil, wine, and garlic; simmer on medium high for 3 minutes. Add chicken and stir occasionally until done, then pour cooked

bow tie noodles, along with the parsley and basil until warm. Pour into bowl and sprinkle cheese on top.

SPINACH LASAGNE

Phyllis Craig

Volunteer Center of Story Co.

1 qt. tomato sauce
1/2 to 1 lb. lasagna noodles
1 lb. spinach, cooked and well drained
2 eggs, lightly beaten

1/4 tsp. nutmeg
1 lb. Ricotta cheese
1/4 c. grated Parmesan cheese
12 oz. grated Mozzarella cheese

Mix together spinach, eggs, nutmeg, Ricotta cheese and Parmesan cheese, and most of Mozzarella cheese (leave just a handful of Mozzarella cheese to sprinkle on top at the end). In 9x13 inch pan, spread some tomato sauce; sprinkle additional Parmesan cheese. Layer noodles; spread several piles of filling on each noodle. Layer additional noodles; add more tomato sauce and continue to make at least 3 layers. Bake at 350° for 30 to 40 minutes. Let stand for about 10 minutes before serving (easier to cut).

VEGETARIAN LASAGNA

Lee Meier

Collegiate Presbyterian Church

1 lb. uncooked lasagna noodles
10 oz. frozen chopped spinach, thawed and drained
1 large can drained mushrooms
2 Tbsp. dehydrated onion
Garlic powder
2 lb. shredded Mozzarella cheese

2 c. Parmesan
1/2 c. chopped parsley
Salt and pepper
2 large jars Prego spaghetti sauce (traditional)
1 lb. small curd cottage cheese

Grease a large Pyrex 9x13 inch pan (can cut this recipe in half nicely). Combine spinach, mushrooms, onion, 1 pound Mozzarella, Parmesan, parsley, garlic, salt and pepper, and cottage cheese; mix well. Layer sauce, noodles, spinach mixture; repeat 2 or more times. Pour boiling water around edges, not more than 1 cup, depending on thickness of sauce. Cover tightly with foil. Bake at 300° for 1 1/4 hours. Uncover and top with remaining Mozzarella and bake at 275° for 30 minutes.

CREAMY BROCCOLI LASAGNA

Theresa Krebs
ISU

$\frac{1}{4}$ c. chopped onions
1 c. sliced mushrooms
 $\frac{1}{4}$ c. margarine
 $2\frac{1}{2}$ c. milk
2 tsp. vegetable base
 $\frac{1}{4}$ c. cornstarch
 $\frac{1}{2}$ tsp. thyme

$\frac{1}{4}$ tsp. pepper
1 tsp. garlic salt
 $1\frac{1}{2}$ qt. chopped broccoli
1 (1 lb.) box lasagna noodles
 $1\frac{1}{2}$ c. cottage cheese
3 c. Swiss cheese

Saute onions and mushrooms in margarine. Heat milk and chicken base in steamer. Add to sauteed mushrooms. Thicken with cornstarch; add spices and broccoli. Cook noodles according to package. Use 13x9 inch baking dish. Layer ingredients as follows; repeat 3 times: $\frac{1}{6}$ cheese, $\frac{1}{3}$ noodles, $\frac{1}{6}$ sauce, $\frac{1}{3}$ cottage cheese, $\frac{1}{3}$ Swiss cheese. Bake at 350° for $1\frac{1}{2}$ hours.

QUICK LASAGNA

Kalen Petersen, Fran Amdahl
Retired and Senior Volunteer Program

Uncooked lasagna noodles
1 lb. raw hamburger
1 ctn. cottage cheese
16 oz. shredded or sliced
Mozzarella cheese

1 jar prepared spaghetti sauce
Italian seasonings (optional)

Line the bottom of a 9x13 inch baking dish with uncooked lasagna noodles. Crumble $\frac{1}{2}$ pound of raw hamburger on top and spread with $\frac{1}{2}$ carton of cottage cheese. Sprinkle Italian seasonings to taste. Repeat layers. Cover all of this with 1 jar of spaghetti sauce. Bake for 1 hour, or until tender, in 350° oven.

LAWRENCE-ERICSON LASAGNE

Kevin and Gina Ericson
Nevada Community School District

1 lb. ground beef
 $\frac{1}{2}$ tsp. garlic salt
2 (15 oz.) cans tomato sauce
1 (7 oz.) can tomato sauce
1 tsp. salt

1 tsp. pepper
 $\frac{1}{4}$ tsp. oregano
20 oz. Mozzarella cheese
9 lasagne noodles
Cooking spray

Cook lasagne noodles according to package directions. Brown ground beef; remove fat. Add garlic salt, tomato sauce, salt, pepper, and oregano to ground beef and simmer for 15 minutes. Place 3 lasagne noodles in bottom of a 9x19 inch baking dish sprayed with cooking spray. On top of

the noodles, layer $\frac{1}{3}$ of the ground beef mixture, then $\frac{1}{3}$ of cheese. Repeat to make 3 layers. Bake at 350° for 45 minutes.

EASY LASAGNA

Hazel Gass

2 lb. ground beef	1½ c. Swiss cheese, shredded
2 cloves garlic, minced	$\frac{3}{4}$ tsp. pepper
1 (6 oz.) can tomato paste	1 (12 oz.) ctn. cottage cheese
1 (1 lb., 4 oz.) can tomatoes	$\frac{1}{2}$ tsp. oregano
1 tsp. salt	1 pkg. lasagna

Brown hamburger with garlic; drain. Add tomato paste, tomatoes, salt, and pepper. Simmer for 20 minutes. Cook lasagna noodles according to package directions. Alternate layers, meat sauce, noodles, and cheese, ending with meat sauce. Bake at 350° for 20 to 30 minutes.

LASAGNA

Carol Kisling

1430 KASI - 105 KCCQ Radio - Ames

8 oz. (1 pkg.) lasagna	15 oz. Ricotta dry crud
1 lb. ground beef	4 c. shredded Mozzarella
$\frac{1}{4}$ c. finely chopped onions	cheese
2 cloves crushed garlic	$\frac{1}{4}$ c. Parmesan or Romano
1 tsp. salt	cheese
27 oz. spaghetti sauce	

Cook lasagna as directed from package. In large skillet, saute meat, onion, garlic, and salt. Drain excess fat. Add spaghetti sauce; bring to boil. Reduce heat; simmer for 15 to 20 minutes.

In greased 9x13 inch baking pan, layer 3 strips of lasagna lengthwise; spread on $\frac{1}{3}$ meat sauce, $\frac{1}{3}$ dry Ricotta, and $\frac{1}{3}$ Mozzarella cheese. Repeat layering process twice. Sprinkle Parmesan or Romano cheese on top. Bake at 350° for 35 to 40 minutes. Let set for 10 minutes before cutting.

LASAGNE ROLL-UPS

Beverly Carstensen

Lowfat.

Sauce:

2 Tbsp. olive oil
2 large onions, chopped
1½ tsp. basil
¾ tsp. marjoram
2 bay leaves, crumbled
¼ tsp. garlic powder

½ tsp. pepper
8 oz. chicken breast, skinned,
boned, and chopped
28 oz. canned tomatoes, cut up
4 oz. tomato paste

Filling:

¼ tsp. garlic powder
2 c. Ricotta cheese (part skim)
⅔ c. Parmesan cheese
10 oz. frozen chopped spinach,
thawed and drained

¼ c. onion and spice mixture
½ tsp. pepper
½ tsp. cream of tartar
½ tsp. ground nutmeg

Heat oil in skillet for 1 minute. Add onion and spices; cook till onion is soft, approximately 5 minutes (remove ¼ cup and set aside). Add chicken; cook for approximately 3 minutes. Reduce heat; add tomatoes and tomato paste. Cook, uncovered, for approximately 20 minutes, stirring occasionally. Cook 16 ruffle edge lasagne noodles (approximately 8 ounces) according to directions. Rinse; drain. Mix together filling.

Spoon ½ sauce into large cake pan. Spread approximately 3 table-
spoons filling on each noodle and roll up. Place, seam side down, on pan,
till all noodles are used. Top with remaining sauce. Bake for 25 minutes
at 375°F. Sprinkle with ⅓ cup Parmesan cheese. Bake for 5 minutes more.

PEPPY LASAGNA

Beth Williams
Nevada Public Library

1 lb. sausage (breakfast)
½ c. chopped onion
½ c. chopped celery
1 c. sliced carrots
½ c. green pepper, chopped
2 c. tomatoes (fresh or
canned), chopped
1 (6 oz.) tomato paste
1 tsp. salt
½ tsp. oregano
1 lb. Mozzarella cheese

¼ tsp. pepper
1 tsp. vinegar
½ tsp. basil
½ tsp. garlic powder or
granules
Lasagna noodles
3 c. cottage cheese
½ c. Parmesan cheese
2 beaten eggs
2 Tbsp. parsley flakes
¼ tsp. pepper

Brown sausage, onion, celery, carrots, and green pepper. Add toma-
toes, paste, vinegar, and spices. Simmer for ½ hour. Cook enough lasagna
noodles to cover 9x13 inch pan 2 times, usually 10 to 12. Drain and rinse
with cold water. Combine cottage cheese, eggs, Parmesan cheese, parsley,

and pepper. In greased pan, layer $\frac{1}{2}$ noodles, $\frac{1}{2}$ cheese mixture, $\frac{1}{2}$ Mozzarella cheese, $\frac{1}{2}$ sauce. Repeat. Bake, covered for 40 minutes, uncovered for 10 minutes. Let set for 10 minutes; cut and serve.

MEXICAN LASAGNA

MaryAnne Beno
The Tribune

1 lb. ground beef
Chopped onion to taste
1 tsp. garlic powder
2 (8 oz.) cans tomato sauce
2 (4 oz.) cans green chilies
(seedless), chopped

1 c. sliced ripe olives
1 c. sour cream
1 c. small curd cottage cheese
 $\frac{1}{2}$ lb. grated Cheddar or
Monterey Jack cheese
1 pkg. tortilla chips

Brown beef with onion and garlic. Drain fat. Add tomato sauce. Combine sour cream, cottage cheese, chilies, and olives in a bowl. Crumble chips in 9x13 inch pan. Alternate meat mix, sour cream mix, cheese, and chips. Bake at 350° for 30 to 35 minutes.

TACO BAKE

Diane Brown
H & M Computer Solutions

1 lb. ground beef
1 pkg. taco seasoning
8 oz. sour cream
Salsa
Chopped lettuce

Small onion, chopped
1 small can tomato paste
1 tube (8) crescent rolls
Shredded Cheddar cheese
Chopped tomatoes

Brown onion and ground beef; drain when browned. Mix together cooked ground beef, sour cream, tomato paste, and taco seasoning. Grease bottom of an 8x8 inch pan and place half of crescent roll dough in the bottom. Spread beef mixture over rolls and top with remaining crescent roll dough. Bake at 350° until rolls are brown. Cut and serve topped with lettuce, tomato, salsa, and Cheddar cheese.

AMIGO PIE

K. Gibbs
Dept. of Correctional Services

2 boxes corn bread mix
2 eggs
1 lb. ground beef
1 can refried beans or chili
beans

Taco seasoning
2 c. shredded Cheddar cheese

Prepare corn bread mix according to directions, using the 2 eggs and amount of water called for. Pour batter in 9x13 inch pan. Brown ground beef and crumble; drain. Can add chopped onion if desired. Add taco seasoning to meat per package directions. Spoon meat mixture onto corn bread batter. Spoon beans on top of meat. Cover with cheese. Bake for 35 minutes at 350°.

CORN BREAD TACO BAKE

Barbara Kenney
4th Grade Teacher Colo-NESCO School

- | | |
|------------------------------------|-------------------------------------|
| 1½ lb. ground beef | 1 (8 oz.) can tomato sauce |
| 1 pkg. taco seasoning | 1 (8½ oz.) pkg. corn muffin mix |
| ½ c. water | 1 (2.8 oz.) can French fried onions |
| 1 (12 oz.) can whole corn, drained | ⅓ c. shredded Cheddar cheese |
| ½ c. chopped green pepper | |

In skillet, brown meat; drain. Stir in taco seasoning, water, corn, green pepper, and tomato sauce. Pour into 2 quart casserole. In a separate bowl, prepare corn muffin mix as package directs. Add ½ can French fried onions. Spoon corn muffin mixture over meat mixture. Bake, uncovered, at 400° for 20 minutes. Top corn bread with cheese and remaining onions. Bake for 2 to 3 minutes longer.

CAMPBELL'S BEEF TACO BAKE

Dena Mabee
City of Story City

- | | |
|-------------------|---|
| 1 lb. ground beef | 6 flour tortillas or 8 corn tortillas, cut into 1 inch pieces |
| 1 can tomato soup | 1 c. shredded Cheddar cheese |
| 1 c. salsa | |
| ½ c. milk | |

In skillet, cook beef until brown, stirring to separate meat. Pour off fat. Add soup, salsa, milk, tortillas, and half of cheese. Spoon into 2 quart baking dish. Cover. Bake at 400° for 30 minutes, or until hot. Sprinkle with remaining cheese. Serves 4.

TEX MEX SKILLET SUPPER

Diane Pascuzzi
Colo-Nesco Elementary School

1/2 lb. lean ground beef
1/2 c. chopped onion
1 (15 oz.) can black beans,
drained
1 (14 1/2 oz.) can diced tomatoes
1 c. frozen corn

1/2 c. uncooked rice
1/2 c. Heinz tomato ketchup
1 Tbsp. chili powder
1/4 tsp. salt
1/4 tsp. dried oregano leaves
1/2 c. shredded Cheddar cheese

In large nonstick skillet, cook beef and onion until beef is browned; drain fat. Add beans and remaining ingredients except cheese. Mix well. Simmer, covered, for 30 minutes, or until rice is cooked. Remove skillet from heat; sprinkle beef mixture with cheese. Cover and let stand until cheese is melted. Serve with tortilla chips, if desired. Makes 4 to 5 servings.

ENCHILADA PIE

The Dietary Technicians
Children's Services of Central Iowa

2 lb. ground beef
1/4 c. chopped onion
1 1/2 tsp. salt
1/2 Tbsp. chili powder
13 oz. tomato sauce

20 (6 inch) soft flour tortillas
1/4 c. margarine
1 lb. grated Cheddar cheese
1 3/4 c. water

Brown ground beef and onion. Add seasonings and tomato sauce. Butter tortillas and cut into quarters. In a greased baking pan, alternate layers of buttered tortillas, meat, sauce, and cheese. Add water and cover; bake at 400° for 20 minutes. Cut into wedges and serve. Serves 20.

TEXAS TACOS

Les Uhlmeyer
United States Filter Corp.

1 loaf frozen bread dough
1 1/2 lb. ground beef
1 large onion, chopped
1 1/2 c. chili beans
1 pkg. taco seasoning

2 tomatoes, chopped
3 c. shredded lettuce
2 to 3 c. grated Cheddar
cheese
2 c. sour cream

Thaw bread dough. Brown ground beef and onions together; drain grease. Add beans and taco seasoning. Divide dough into 4 sections and roll each section flat, 10 to 12 inches around. Portion beef mixture onto each dough round. Fold dough over and pinch to close. Deep fat fry until golden brown on both sides. Remove from fryer and slice open. Top with tomato, lettuce, cheese, and sour cream as desired.

CHICKEN FAJITAS

Becky Klatt

City of Ames - City Clerk's Office

1/2 c. vegetable oil
1/4 c. red wine vinegar
1/3 c. lime juice
1/4 c. finely chopped onion
2 cloves garlic, minced
1 tsp. sugar
1 tsp. dried oregano

1/2 tsp. salt
1/2 tsp. pepper
1/4 tsp. ground cumin
3 whole chicken breasts,
halved, skinned, and boned
Tortillas

Combine preceding ingredients in a shallow, non-metal container; mix well. Add chicken breasts to marinade, turning to coat each side. Cover and marinate for 4 hours. Remove chicken. Grill chicken over coals for 8 minutes. Turn and cook for 5 to 7 minutes more, until thoroughly cooked. Slice chicken into thin strips. Place small amount of chicken and choice of garnish in center of tortilla and roll up.

Garnishes: Diced tomatoes, shredded lettuce, salsa, guacamole, sour cream, shredded Cheddar cheese.

CHICKEN ENCHILADAS

Tina Marth

Day Program Center - Dept. of Corrections

Stir-fry chicken
Soft shell tortillas (8 shells)
2 small jars Ortega taco sauce
1 can refried beans

1 can enchilada sauce
4 c. shredded cheese
Onion (optional)
Green pepper (optional)

Cook chicken and Ortega sauce in frying pan until done. Add chicken, beans, cheese, and more Ortega sauce to shells. Roll shells. Put more cheese on top with enchilada sauce. Cook in 9x13 inch pan; cover and bake at 350° for 20 minutes, or until cheese is melted inside shells.

MEXICAN-STYLE CHICKEN-FILLED TORTILLAS

Alyce Holland

Volunteer Center

4 boneless, skinless chicken
breast halves, cut into thin
strips
1 c. frozen corn

1 c. thick 'n chunky salsa
1 (2 1/4 oz.) can sliced ripe
olives, drained
8 (8 to 10 inch) flour tortillas

Spray large nonstick skillet with nonstick cooking spray. Heat over medium heat until hot. Add chicken; cook and stir for 5 to 6 minutes, or until no longer pink. Stir in corn, salsa, and olives. Reduce heat to medium; cook for 4 to 6 minutes, or until thoroughly heated. Warm tortillas as

directed on package. Spoon $\frac{1}{4}$ of chicken mixture onto half of each tortilla. Fold tortillas over. If desired, serve with sour cream and additional salsa. Makes 4 servings.

ENCHILADAS FANTASTICAS

Peg Jacobson
Ames High School Media

- 1 lb. ground turkey
- 2 c. picante sauce, divided
- 1 (10 oz.) pkg. frozen chopped spinach, thawed, squeezed dry, and chopped
- 2 tsp. ground cumin
- 1 (8 oz.) pkg. cream cheese, cubed

- 12 (7 inch) flour tortillas, warmed
- $\frac{1}{2}$ tsp. salt
- 1 (14 oz.) can diced tomatoes in juice
- 1 c. (4 oz.) shredded Cheddar cheese

Optional Toppings:

- Shredded lettuce
- Olive slices

Sour cream

In 10 inch nonstick skillet, cook turkey, breaking into small pieces with spoon. Add 1 cup picante sauce, spinach, $1\frac{1}{2}$ teaspoons cumin, and salt. Cook and stir for 5 minutes, or until most of liquid has evaporated. Add cream cheese, stirring just until melted. Remove from heat. Spoon $\frac{1}{3}$ cup filling down center of each tortilla; roll up and place, seam side down, in lightly greased 13x9 inch baking dish. Combine tomatoes, remaining 1 cup of picante sauce, and remaining $\frac{1}{2}$ teaspoon cumin; mix well. Spoon over enchiladas. Bake at 350° for 20 minutes, or until hot. Sprinkle with Cheddar cheese; return to oven for 2 minutes for cheese to melt. Top with optional toppings. Makes 6 servings.

JALAPENO CHICKEN

Theresa Krebs
ISU

- 1 lb., 11 oz. chopped chicken
- $\frac{1}{4}$ c. jalapeno chilies, diced
- 1 c. chopped onions
- $\frac{1}{4}$ tsp. garlic powder
- $\frac{1}{4}$ c. salad oil
- $\frac{1}{2}$ tsp. ground cumin
- Cream of chicken soup (condensed)

- $1\frac{1}{4}$ lb. spinach (frozen), steamed and partially drained
- 1 tsp. salt
- 1 qt. sour cream
- 1 lb. corn chips
- 1 lb. shredded cheese
- Paprika

Cook chilies and onion in oil until tender. Stir in cumin and garlic powder. Cook for 1 minute. Stir in chicken soup, spinach, and salt. Stir in chicken and sour cream. Use 13x9 inch baking pan. Layer ingredients as

follows - repeat 2 times and top with cheese: $\frac{1}{3}$ chips, $\frac{1}{3}$ cheese, $\frac{1}{2}$ chicken mixture. Sprinkle with paprika. Bake at 350° for $1\frac{1}{2}$ hours. Makes 16 servings in a 13x9 inch pan.

CHICKEN ENCHILADAS WITH SOUR CREAM

Phyllis Craig
Volunteer Center of Story Co.

2 cans cream of chicken soup
 $\frac{1}{2}$ c. sour cream
1 (4 oz.) can chopped green
chilies
 $\frac{1}{2}$ tsp. salt

$2\frac{1}{2}$ c. chopped cooked chicken
3 c. grated mild cheese
 $\frac{1}{4}$ c. chopped green onions
1 doz. frozen tortillas
1 c. cooking oil

Mix in a bowl the first 5 ingredients to make sauce (use only $1\frac{1}{2}$ cups of chicken), then mix the next 3 ingredients (cheese, onions, and rest of chicken) in a separate bowl - this will be filling for tortillas. Fry tortillas in cooking oil to soften. Dip each tortilla in 1 cup of sauce. Fill each tortilla with small amount of cheese/chicken filling. Spread with 1 to 2 tablespoons chicken and sour cream-soup sauce. Roll tortilla and place, seam side down, in baking dish, 13x9 inches. Spread casserole with remaining sour cream, chicken, soup sauce. Cover top with leftover enchilada sauce and extra cheese. Bake at 350° for 30 minutes. Garnish with sour cream if desired.

PORK CHOP SCALLOP

Carol Neumann
Story County Volunteer Center

4 c. potatoes, peeled and thinly
sliced
1 small onion, thinly sliced
1 can cream of celery soup

1 c. milk
Salt and pepper to taste
4 or more pork chops

Grease casserole. Layer potatoes and onion; salt and pepper to taste. Combine soup and milk; pour over potatoes. Bake at 350° for $1\frac{1}{2}$ to 2 hours.

Note: I have substituted kielbasa for pork chops.

PORK CHOPS WITH RED KIDNEY BEANS

Carol Neumann
Story County Volunteer Center

4 to 6 pork chops
 $\frac{1}{2}$ c. onion, chopped
2 Tbsp. tomato paste
2 c. water

1 Tbsp. brown sugar
2 cans drained red kidney
beans

Brown pork chops and onion in skillet. Add tomato paste, water, and brown sugar. Cover and simmer until chops are done, then 1/2 hour before serving, add kidney beans.

PORK CHOPS WITH APPLE KRAUT

Donna Busch
Department of Correctional Services

4 (6 oz.) pork chops
1 Tbsp. flour
2 c. drained sauerkraut
2 small apples, cored and
diced
1/2 c. diced onion
1 tsp. caraway seed

1 Tbsp. plus 1 tsp. Dijon
mustard
1 tsp. brown sugar
1 tsp. horseradish
Salt and pepper
Cooking bag

Broil chops, 3 minutes each side. Preheat oven to 350°. Shake flour in cooking bag and place in 9x13 inch pan. Combine kraut, apples, onion, and caraway seed; spread in bag. Combine mustard, sugar, horseradish, and salt and pepper. Spread a thin coating on both sides of chops. Put in bag; seal bag. Cut 6 slits in top. Bake for 45 to 50 minutes. Makes 4 servings.

PORK CHOPS BRAISED WITH SAGE AND TOMATOES - MODENA STYLE

Jennifer Harris
ISU - Class of 1998

2 Tbsp. butter
1 Tbsp. vegetable oil
4 pork loin chops (1/2 inch
thick)
1/2 c. flour
6 to 8 fresh sage leaves or 3 to
4 dried leaves

Salt
Ground black pepper
3/4 c. Italian plum tomatoes, cut
(with their juice)

Dredge the chops in the flour. In a pan, heat butter and oil. Put in chops and sage; brown chops until brown on both sides. Add 2 to 3 pinches of salt, black pepper, and the chopped tomatoes with their juice. Cover pan. Turn heat to medium low; cook for about 1 hour, or until meat is tender. Sauce should be quite dense. Tilt the pan and with a spoon, remove all but 1 tablespoon of fat. Serve at once.

BLACK FOREST PORK CHOPS

Theresa Krebs
ISU

- | | |
|---|-----------------------------|
| 4 Iowa chops | 1/4 tsp. nutmeg |
| 2 Tbsp. oil | 1/4 tsp. cloves |
| Salt and pepper to taste | 1/4 tsp. marjoram |
| 1 oz. kirsch, heated | 1/2 tsp. lemon rind, grated |
| 1/4 c. pork | 2 Tbsp. lemon juice |
| 17 oz. can canned pitted dark
sweet cherries | 2 Tbsp. cornstarch |
| | 1/2 c. chopped walnuts |

Heat oil in skillet over medium heat. Add chops and cook until brown on both sides. Season with salt and pepper. Drain fat from pan and flambe chops with heated kirsch. Pour in stock. Cover and simmer over low heat for 1 hour (adding thickened syrup at 45 minutes). Drain cherries, saving syrup in a saucepan and reserving cherries. Add seasonings to syrup. Stir juice and cornstarch; slowly add to syrup mix. Cover over low heat until sauce is thick and glossy. Pour over chops after they have cooked for 45 minutes. Just before serving, add reserved cherries and walnuts; cook over low heat until warmed through.

BREAKFAST FRUIT PIZZA

Donna Busch
Department of Correctional Services

- | | |
|---------------------------------------|----------------------|
| 1 1/4 c. flour | 1 tsp. baking powder |
| 3/4 c. crushed natural bran
flakes | 2 Tbsp. honey |

Mix preceding, then add 2/3 cup skim milk and 1/4 cup cooking oil. Press in 14 inch pizza pan, sprayed with cooking spray. Bake at 425° for 20 minutes. Cool. In a blender or food processor, blend 15 ounces cottage cheese and 1 teaspoon vanilla. Spread on crust. Arrange fruit slices of your choice (suggestions - fresh strawberries, mandarin oranges, kiwi, grapes, etc.). Top with (warmed) 1/2 cup apricot jam to glaze, if desired.

HONEY OVEN PANCAKE

Janie Romano
Gallery 319

- | | |
|-----------------------------|---------------------|
| 3 Tbsp. butter or margarine | 1 3/4 c. milk |
| 3 eggs | 3/4 c. flour |
| 1/4 tsp. salt | Fresh fruit topping |
| 3 Tbsp. honey | |

Place butter in 10 inch pie pan or 10 inch frying pan (with heatproof handle). Place pan in 425° oven as it preheats. When butter is melted, remove pan from oven (do not let butter burn). While butter is melting,

beat eggs with honey, salt, and milk, then beat in flour until mixture is smooth. Pour batter into melted butter in hot pan. Bake at 425° until pancake is browned, edges are puffed, and knife comes out clean (20 to 25 minutes). Cut into wedges and serve immediately with fresh fruit topping. Serves 3 to 4.

PANCAKES

Carol Neumann
Camp Fire for Boys and Girls

- | | |
|----------------------|-------------------|
| 2 c. flour | 2 Tbsp. oil |
| 1 Tbsp. sugar | 2 c. milk |
| 4 tsp. baking powder | 2 eggs, separated |
| 1 tsp. salt | |

In large bowl, mix flour, sugar, baking powder, salt, oil, milk, and egg yolks. Beat egg whites in small bowl until peaks form. Add to large bowl and fold with rubber spatula. Pour small quantity on hot griddle. When bubbles pop and remain open, then flip and cook until lightly browned.

QUICHE

Jill Ripperger
Ames City Clerk's Office

- | | |
|----------------------------------|---|
| 5 eggs | 1 lb. grated cheese ($\frac{1}{2}$ Cheddar, $\frac{1}{2}$ Monterey Jack) |
| 1 c. cottage cheese | 1 c. diced ham |
| 5 plus drops of Tabasco sauce | 8 oz. frozen broccoli, cooked and drained |
| $\frac{1}{4}$ c. melted butter | |
| $\frac{1}{4}$ c. flour | |
| $\frac{1}{2}$ tsp. baking powder | |

Beat eggs with cottage cheese, Tabasco sauce, butter, and flour. Add rest of ingredients. Put in greased quiche pan. Bake at 400° for 15 minutes, then reduce heat to 350° for 25 to 30 minutes. After cooking, remove from oven; allow 10 minutes to set before serving.

NINE LAYER BRUNCH

Becky Klatt
City of Ames - City Clerk's Office

- | | |
|---|------------------------------|
| 6 slices of bread, trim crust off | 3 eggs |
| 4 c. cooked, diced chicken | $1\frac{1}{4}$ c. milk |
| 1 small jar sliced mushrooms | 1 can cream of mushroom soup |
| $\frac{1}{2}$ c. water chestnuts | 1 can cream of chicken soup |
| $\frac{1}{2}$ c. mayonnaise | 6 slices American cheese |
| 6 slices Swiss cheese or Monterey Jack cheese | |

Lay 6 slices white bread with crust trimmed on bottom of greased 9x13 inch pan. Layer on top of bread the chicken, mushrooms, water chestnuts, mayonnaise, and 6 slices of cheese (Swiss or Monterey Jack). Beat eggs and add milk and 2 cans of soup. Stir egg mixture and pour into pan. Top with 6 slices of American cheese and chill overnight. Bake at 350° for 1½ hours.

BREAKFAST CASSEROLE

Gina Millsap
Ames Public Library

**2 lb. frozen hash brown
potatoes, thawed**
**1 can cream of mushroom
soup**

1 can cream of celery soup
1 lb. favorite breakfast sausage
16 oz. grated Cheddar cheese
Salt and pepper to taste

Preheat oven to 350°. Brown sausage in skillet and drain. In large bowl, combine all ingredients (reserving 4 ounces of cheese). Grease large casserole dish and pour mixture into dish. Sprinkle remaining cheese on top. Cover with aluminum foil and bake at 350° for 45 to 60 minutes. Serve with biscuits and fresh fruit.

Note: This can be prepared the night before and refrigerated and baked first thing in the morning. If it is in the fridge overnight, add 20 to 30 minutes to the baking time.

BREAKFAST OVERNIGHT CASSEROLE

Christa Sindt
Ames Mighty Muskrats 4-H

**8 slices white bread, crusts
removed and cubed (if
desired)**
**1½ c. cubed ham or cooked
sausage**
½ lb. grated Cheddar cheese

10 eggs, beaten
3 c. milk
1 tsp. dry mustard
Chopped green peppers
Chopped onion
1 Tbsp. hot sauce (optional)

Put bread cubes in a buttered 9x13 inch pan. Add meat. Sprinkle with cheese. Mix and beat eggs. Add remaining ingredients. Cover and refrigerate overnight. Bake for 1 hour at 350°. Just before baking, you crush 2½ cups corn flakes or potato chips and put on top. Pour ¼ cup melted butter or margarine over flakes. Makes 12 servings.

EGG CASSEROLE

Patty Sindt

Ames Mighty Muskrats 4-H

**1 lb. sausage, browned and
drained**

6 slices bread, cubed

2 c. milk

4 eggs

1 tsp. prepared mustard

1 tsp. salt

1/4 lb. grated Cheddar cheese

Combine all ingredients and pour into a 9x13 inch baking dish. Refrigerate for 8 hours or overnight before baking. Bake at 325° for 1 hour.

TERESA'S BAKED PANCAKES

Representative Teresa Garman

1/2 c. flour

1/2 c. milk

2 eggs, beaten to blend

1/8 tsp. nutmeg

1/4 c. (1/2 stick) butter

Melt butter in heavy 12 inch skillet or cake or pie pan in oven. Pour batter into skillet and bake until golden brown, about 15 minutes. Serve with butter and syrup or fruit. Makes 2 servings.

BACON BREAKFAST CASSEROLE

Harriett W. Elder

Senior Center at Huxley

**8 slices white bread, crusts
trimmed**

**8 slices bacon, crisp and
crumbled**

**1 (4 oz.) can sliced
mushrooms, drained**

2 green onions, sliced

**1 1/2 c. shredded mild Cheddar
cheese**

4 eggs, beaten

2 c. milk

Place 4 trimmed bread slices in bottom of a greased 8 inch square baking pan. Sprinkle bacon, mushrooms, onions, and cheese on bread. Cover with other 4 slices. Mix eggs and milk; pour over the top. Cover and refrigerate for 1 hour, or overnight. Heat oven to 350°F. Bake, uncovered, for 1 hour. Let stand for 10 minutes before serving. Garnish as desired. Makes 6 servings. Preparation time: 20 minutes plus refrigeration time. Baking time: 1 hour and standing time of 10 minutes.

PIZZA QUICHE

Karen Selby

Dept. of Human Services - Story Co.

8 oz. sausage, cooked and
drained

3 eggs

1 c. cottage cheese

1 c. Mozzarella cheese

1 c. Cheddar cheese

2 to 3 slices pepperoni

2 Tbsp. Parmesan cheese

Mix together and pour into an unbaked 9 inch pie shell. Bake at 350° for 35 to 40 minutes.

Variations: Can also add chopped green peppers, onions, and mushrooms for extra flavor.

LINGUINE WITH ARTICHOKE SAUCE

Navid Emami

Ames Public Library

1 Tbsp. olive oil

6 cloves garlic, minced

1/4 tsp. crushed red pepper

1 (28 oz.) can plum tomatoes,
well drained and finely
chopped

1/2 tsp. dried basil

1/2 tsp. dried oregano

1/2 tsp. salt

1 lb. linguine

1 (6 oz.) jar marinated
artichoke hearts

1/4 c. minced parsley

Grated Parmesan cheese

Heat oil in large skillet over medium heat. Add garlic and pepper flakes; cook for 2 minutes, tossing often. Stir in tomatoes, basil, oregano, and salt; bring to boil. Reduce to simmer and cook, stirring often, for 15 minutes.

Meanwhile, bring large stock pot of water to a boil. Drop in linguine and cook al dente. Do not overcook. Add artichokes and marinade to sauce. Stir in parsley. Simmer for about 5 minutes. Drain linguine and place in large bowl; toss with sauce. Serve sprinkled with Parmesan cheese.

NEPALI DAL

Lynn Carey

Ames Public Library

1 onion, chopped

2 cloves garlic, crushed

1/4 tsp. fresh ginger, grated

1/2 tsp. turmeric

1 c. red lentils

Oil

1/4 tsp. salt

Heat oil in saucepan and saute onion for a few minutes, followed by the garlic until both are soft, but not browned. Add ginger and cook for a minute or so. Add lentils and turmeric; combine with onion, garlic, and ginger. Pour on enough water to submerge lentils. Cover and bring to boil.

Reduce heat and simmer for 20 minutes, or until lentils are soft and have absorbed most of the water. Add salt to taste. Serve over rice.

KUKU-EH-SABZI

Navid Emami
Ames Public Library

Vegetarian.

5 eggs or 12 egg whites
1 tsp. baking powder
Pinch of cinnamon (generous)
Pinch of cardamon (generous)
 $\frac{1}{4}$ tsp. cumin
1 tsp. salt
 $\frac{1}{4}$ tsp. freshly ground black pepper
2 cloves garlic, peeled and crushed

1 c. finely chopped fresh chives or scallions
1 c. finely chopped fresh parsley
1 c. finely chopped fresh cilantro
1 c. chopped fresh dill
2 Tbsp. olive oil
1 Tbsp. all-purpose flour

Preheat oven to 350°F. Break eggs into large bowl. Add baking powder and spices. Beat with fork. Add garlic, herbs, 1 tablespoon oil, and flour; mix thoroughly. Put 1 tablespoon oil into nonstick 8 inch ovenproof baking dish; place it in oven for 5 minutes to heat the oil. Pour in egg mixture and bake, uncovered, for 45 to 50 minutes, or until golden brown. Serve in baking dish or unmold by loosening edge with knife and slide onto serving platter. Cut into wedges and serve hot or at room temperature. Great with pita bread. (9 inch round baking pan.)

HOMEMADE TAGLIATELLE WITH SUMMER SAUCE

Karin Messenger

Pasta Dough:

1 c. all-purpose flour
1 c. bread flour
2 large eggs

2 tsp. olive oil
Pinch of salt

Sauce:

1 lb. unpeeled tomatoes, seeded and cut into small dice
1 large green pepper, cut in small dice
1 onion, cut in small dice

1 Tbsp. chopped fresh basil
1 Tbsp. chopped fresh parsley
2 cloves garlic, crushed
 $\frac{1}{2}$ c. olive oil and vegetable oil, mixed

Combine all sauce ingredients, mixing well. Cover and refrigerate overnight. Place the flours in a mound on a work surface and make a well in the center. Place eggs, oil, and salt in center of well. Using a fork, beat

the ingredients to the center to blend them and gradually incorporate the flour from the outside edge. Dough may also be mixed in food processor. When flour is half incorporated, start kneading, using the palms of hands and not fingers. This may be done in food processor also.

Cover the dough and leave to rest for 15 minutes. Divide dough in quarters and roll out thinly with a rolling pin on a floured surface or use pasta machine, dusting dough lightly with flour before rolling. Allow the sheets of pasta to dry for about 10 minutes on a floured surface or on tea towels. Cut the sheets into strips about $\frac{1}{4}$ inch wide by hand, dusting lightly with flour while cutting. Let cut pasta dry for awhile.

Cook pasta for 5 to 6 minutes in boiling salted water with spoonful of oil. Drain pasta and rinse under hot water. Toss in colander to drain excess water. Place the hot pasta in serving dish. Pour cold sauce over and toss.

BAKED POTATO TOPPING

Carol Helland
Heartland Senior Services

- | | |
|--|---|
| 4 large baking potatoes | $\frac{1}{4}$ c. grated carrot |
| 1 c. well chopped broccoli | $\frac{1}{4}$ c. shredded red cabbage |
| $\frac{1}{2}$ c. chopped fresh mushrooms | $1\frac{1}{2}$ c. diced, fully cooked ham |
| $\frac{1}{4}$ c. sliced green onions | $\frac{1}{4}$ c. butter or margarine |
| | Sour cream (optional) |

Bake potatoes in oven or microwave until done. In a skillet, saute broccoli, mushrooms, onions, carrot, cabbage, and ham in butter for 5 minutes, or until vegetables are tender. Serve over hot potatoes. Top with sour cream if desired.

IMPOSSIBLE VEGETABLE PIE

Carol Helland
Heartland Senior Services

- | | |
|---|---|
| 2 c. fresh or frozen broccoli | $\frac{1}{4}$ c. Bisquick |
| $\frac{1}{2}$ c. chopped onion | 3 eggs |
| $\frac{1}{2}$ c. chopped green pepper | 1 tsp. salt |
| 1 c. shredded Cheddar cheese | $\frac{1}{4}$ tsp. pepper |
| $1\frac{1}{2}$ c. milk | |

Heat oven to 400° . Lightly butter pie plate. Cook broccoli lightly. Mix broccoli, onion, green pepper, and cheese in pie plate. Beat remaining ingredients until smooth. Pour over vegetable/cheese mixture. Bake for 35 to 40 minutes.

EGGPLANT PARMIGIANA

Theresa Krebs
ISU

4 to 6 eggplants
8 c. bread crumbs
1 doz. eggs, lightly beaten
12 c. tomato sauce
4 lb. Mozzarella cheese (or 54
slices)

2 Tbsp., 2 tsp. ground basil
2 c. grated Parmesan cheese
Vegetable oil

Wash eggplant and cut crosswise $\frac{1}{4}$ inch thick. Don't peel. Season with pepper. Dip each slice into egg and roll in bread crumbs. Refrigerate for 1 hour. Heat oil in skillet. Fry each slice of eggplant until tender and golden brown on both sides. Drain on paper towels.

Line a lightly buttered 13x9 inch pan as follows: 2 (4 ounce) ladles tomato sauce, layer of eggplant, slices of Mozzarella on each eggplant slice, additional tomato sauce, $\frac{1}{2}$ of Parmesan, $\frac{1}{2}$ of basil. Repeat layers twice for a total of 3 layers. End with Mozzarella cheese.

QUINOA AND VEGETABLES

Pernell Plath
Heenah Mahyah Student Farm

4 c. cooked quinoa (a pearl-
like grain) or long-grain rice
2 $\frac{1}{2}$ c. fresh mixed vegetables
(any will do)
1 medium tomato
 $\frac{1}{4}$ c. olive oil
2 tsp. cumin

$\frac{1}{2}$ tsp. black pepper
2 large garlic cloves
 $\frac{1}{2}$ tsp. red pepper
 $\frac{1}{2}$ tsp. celery salt
 $\frac{1}{2}$ tsp. paprika
2 Tbsp. soy sauce
 $\frac{1}{4}$ c. nutritional yeast*

Start your quinoa or rice so that it is done approximately the same time as your steamed vegetables. Cut vegetables and steam just until tender. Mix oil and all remaining ingredients (minced garlic) in with cooked quinoa or rice. Cut tomato into cubes and add to grain. Mix in hot steamed vegetables and serve.

FARFALLE WITH CARROT, SAGE, AND SCALLION

Karen Thompson
Ames City Clerk's Office

$\frac{1}{2}$ lb. farfalle (bow-tie pasta)
1 tsp. extra virgin olive oil
1 to 2 Tbsp. butter
3 medium carrots, julienned
9 scallions, cut diagonally into
 $1\frac{1}{2}$ inch pieces

20 to 24 fresh sage leaves,
stems removed
Salt and pepper to taste
Juice from $\frac{1}{2}$ lemon
3 Tbsp. grated cheese

Cook pasta in boiling water according to package. Meanwhile, heat a large skillet over medium-high heat. Add oil and half butter (use both - the butter gives the vegetables good flavor and the oil keeps the butter from burning). When oil and butter are hot and sizzling, add carrots and saute till soft and golden, about 7 minutes. Add scallions and sage leaves to carrots. Continue to saute until sage is crisp and scallions start to brown, about 7 minutes. Reduce heat; add salt and pepper. Cover to keep warm. When pasta is cooked, drain and return pasta to pot. Add lemon juice and remaining butter. Toss lightly. Add vegetable mixture to pasta and sprinkle grated cheese.

QUICK BLACK BEANS AND RICE - FOR 2

Beth Wunder

Volunteer Center of Story Co.

1 c. quick cooking brown rice
1 1/4 c. water
3 cloves garlic, minced
1/4 tsp. salt
1/2 c. salsa
1 1/2 c. canned black beans,
drained

1/2 c. shredded Monterey Jack
cheese
Chopped onion
Salsa

Combine rice, water, salt, garlic, and salsa in microwave-safe container. Microwave, covered, on HIGH for 4 to 5 minutes, or until rice is tender; stir. Add black beans to mixture; microwave for 2 to 3 minutes, stirring once. Pour into individual serving dishes. Top with cheese, onion, and salsa as desired.

MIDDLE EASTERN LENTILS WITH VEGETABLES

Patty Whiteford

Ames, IA

1 lb. (1 1/3 c.) brown or green
lentils, washed and picked
over
1 qt. water
1 bay leaf
3 celery stalks
2 carrots, sliced
1/2 lb. (2 medium) leeks,
trimmed, cleaned, and sliced
1 lb. tomatoes, peeled and
chopped

1/2 lb. sliced zucchini
Salt and pepper
1 tsp. crushed coriander seed
1 1/2 tsp. crushed cumin seed
Pinch of cayenne pepper
1 Tbsp. oil
1 large onion, sliced thin
3 garlic cloves, minced
3 Tbsp. chopped cilantro
Juice from 1 lemon

Soak the lentils in water in large casserole for 1 hour. Bring to boil; add bay leaf. Cover and simmer for 20 minutes, or until tender. Add celery, carrots, leeks, tomatoes, zucchini, salt, pepper, coriander seed, cumin seed,

and cayenne. Continue to simmer for 15 minutes until vegetables are tender and liquid is just absorbed.

Meanwhile, heat oil in frying pan and saute onion until golden. Add garlic; cook for a few minutes, stirring, and stir in lentils. Transfer to serving dish and sprinkle with cilantro and lemon juice.

CHILI RELLENO SOUFFLE

Charene Starcevic
Volunteer Center

3 cans (3½ oz.) Ortega whole green chilies
2 eggs
1 small can evaporated milk
2 Tbsp. flour

8 oz. pkg. grated Cheddar cheese
8 oz. pkg. grated Monterey Jack cheese
1 (8 oz.) can tomato sauce

Wash and seed 3 cans chilies. Split open and lay half in ungreased 8 inch square pan. Cover with Cheddar cheese, then lay the rest of the chilies over and cover with Monterey Jack cheese. Separate 2 eggs and beat yolks with evaporated milk and flour. Beat whites until stiff and fold into yolks. Pour over chilies and cheese; ooze into cheese with a fork. Bake at 325° for 1 hour, uncovered, then pour tomato sauce over and bake for 20 to 30 minutes more.

DENVER FISH FILLETS

Karen Thompson
Ames City Clerk's Office

1 lb. fish fillets
2 tsp. lemon juice
⅓ c. chopped tomato
¼ c. chopped green pepper
¼ c. chopped onion

2 Tbsp. margarine or butter
Fresh basil or ⅛ tsp. dried basil
Salt and pepper to taste

Arrange fish in a 12x8 inch microwave-safe baking dish. Brush with lemon juice. Cover with vented plastic wrap. Microwave on HIGH for 4 to 5 minutes, or until fish flakes apart easily. Drain and set aside, covered.

Combine remaining ingredients in 1 cup glass measure. Microwave on HIGH for 1½ to 2 minutes, or until vegetables are just about tender, stirring once. Spoon vegetables evenly over fish. Sprinkle with salt and pepper.

TUNA NOODLE BAKE

Annette Koudelka
United Way of Story County

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|---|--------------------|
| 6 oz. noodles | 1 (7 oz.) can tuna |
| 1 can cream of celery soup | Salt and pepper |
| 1/2 c. milk | |
| 1 (8 1/2 oz.) can mixed veggies,
drained | |

Cook noodles. Drain. Blend soup and milk together. Add veggies, tuna, and seasoning. Mix. Pour into greased 1 1/2 quart casserole. Bake in 350° oven for 20 minutes.

CRAB CASSEROLE

Representative Teresa Garman

- | | |
|-------------------------------------|----------------------------|
| 3 c. cooked long grain rice | 1 tsp. salt |
| 1/4 c. minced onion | 1 tsp. Worcestershire |
| 1 (2 oz.) jar pimiento | 1/2 tsp. Accent |
| 1 c. grated sharp Cheddar
cheese | 1 (6 1/2 oz.) can crabmeat |
| | 3 eggs, beaten |

Mix together and pour into buttered 13x9 inch pan. Bake at 325° for 45 minutes.

Topping:

- | | |
|----------------------------|-----------------|
| 1 can cream of shrimp soup | 1/4 tsp. Accent |
| 1/2 c. sour cream | 1 can mushrooms |
| 1 tsp. lemon juice | 1 can shrimp |
| 1/4 tsp. curry | |

Heat, but do not boil. Cut casserole into squares and top with sauce. Serves 8.

TUNA MELTS

Barbara Gauger
S.C. Community Life Program

- | | |
|---------------------------------------|-----------------------------|
| 1 c. solid white water packed
tuna | 2 English muffins, split |
| 1/4 c. diet mayonnaise | 1 tomato slice |
| 1 tsp. dill pickle relish | 1 slice cheese (any flavor) |

Combine tuna, mayonnaise, and relish. Spread mixture on English muffins. Top with 1 slice of tomato and 1 slice of cheese. Broil in oven or heat up in microwave until cheese melts. Makes 2 servings.

CRAB QUICHE

Pat Fawcett
Homeward

3 eggs
1/2 c. Bisquick
1/2 c. melted butter
1 1/2 c. milk
2 Tbsp. sherry (optional)
1/4 tsp. salt

1/4 tsp. pepper
1/4 tsp. nutmeg
1 tsp. minced onion
1/2 c. shredded Cheddar
1/2 c. shredded Swiss
1 to 1 1/2 c. crabmeat

Place all but crab and cheese in blender and mix for a few seconds. Pour into 9 inch greased pie pan. Sprinkle with cheese and crabmeat. Gently push below top of liquid. Bake for 45 minutes at 350°. Allow to cool 5 minutes before cutting.

CHEESE GRITS

Chuck Beddingfield
Iowa State Athletic Dept.

4 c. water
1 c. quick grits
1 (6 oz.) roll Kraft garlic
cheese

1 stick butter
2 eggs
Milk

Bring 4 cups water to boil. Add 1 cup quick grits. Stir and turn heat to medium-low. Cover and cook for 5 to 7 minutes. Add 1 roll Kraft garlic cheese and 1 stick butter. Beat 2 eggs in a 1 cup measure and fill rest of cup with milk. Fold into grits. To bake, after pouring into baking dish, bake at 325° for 30 to 45 minutes (top will slightly brown).

NOODLES

Doris Classon
City of Roland - Billing Clerk

2 egg yolks
2 Tbsp. cream or half & half
1/4 tsp. baking powder

1 tsp. lard
1/4 tsp. salt
Enough flour to roll out

Let dry for several hours, then cut. After completely dry, I store in freezer for future use.

HOMEMADE NOODLES

Kalen Petersen
Retired and Senior Volunteer Program

1 c. flour
1 tsp. baking powder
1/2 tsp. salt

1 egg
1 Tbsp. melted butter
2 Tbsp. milk

Mix first 3 ingredients together. Make a well in the flour and put in last 3 ingredients. Roll out and either cut right away or let dry and cut.

CIDER GLAZED CANADIAN BACON

Martha Anderson
Collegiate Presbyterian Church

$\frac{2}{3}$ c. cider (pineapple juice)	$\frac{1}{2}$ c. brown sugar
$\frac{1}{2}$ c. molasses	1 tsp. dry mustard

Bake bacon at 325°F. for 45 minutes. Pour glaze over bacon and bake for 50 minutes more. Baste frequently. The roast may be garnished with orange slices secured by whole cloves.

HAM AND BEAN BAKE

Carol Neumann
Camp Fire for Boys and Girls

1 (9 oz.) pkg. green beans	2 c. cubed, cooked ham
3 Tbsp. butter	$1\frac{1}{2}$ c. Minute rice
1 c. soft bread crumbs	$1\frac{1}{2}$ c. water
$\frac{1}{2}$ c. chopped onion	$\frac{1}{4}$ tsp. salt
1 can cream of celery soup	4 slices process American
$\frac{1}{2}$ c. milk	cheese (Velveeta)

Prepare green beans as on package. Melt butter in skillet; sprinkle $1\frac{1}{2}$ tablespoons over bread crumbs in a bowl and set aside. Saute onion; stir in soup and milk. Add ham and bring to boil. Place rice, water, and salt in 9 inch baking dish. Add layer of green beans. Spoon ham mixture over beans. Top with cheese slices and sprinkle with bread crumbs. Bake at 350° for 30 minutes. May be doubled in 13x9 inch baking dish; bake for 40 minutes.

SPAGHETTI WITH BACON AND ONION

Karin Messenger

2 Tbsp. olive oil or Crisco	$\frac{1}{4}$ tsp. thyme leaves
4 oz. unsmoked lean bacon, cut into matchsticks	1 lb., 6 oz. spaghetti
1 small onion, chopped finely	Salt and pepper
$\frac{1}{2}$ c. dry white wine	Freshly grated Parmesan
1 lb. tomatoes (fresh or canned), chopped	cheese (to serve)

In medium frying pan, heat oil or Crisco. Add the bacon and onion. Cook on low to medium heat until onion is golden brown and bacon is beginning to brown, about 8 to 10 minutes. Add the wine to bacon and onion; increase heat and cook rapidly until liquid boils off. Add tomatoes,

thyme, salt, and pepper. Cover and cook over medium heat for 10 to 15 minutes. Cook pasta as directed on package until al dente. Drain. Toss with sauce and add grated cheese on top.

SWEET AND SOUR SAUSAGE KABOBS

Carol Neumann

Camp Fire for Boys and Girls

1/4 c. sugar

1 Tbsp. cornstarch

**3/4 c. Ocean Spray cranberry
juice cocktail**

2 Tbsp. cider vinegar

2 tsp. soy sauce

**1 lb. kielbasa (Polish sausage)
or knockwurst**

2 medium green peppers

2 medium red cooking apples

Prepare grill for barbecuing. To make sweet and sour glaze, in small saucepan, combine sugar and cornstarch. Stir in cranberry juice, vinegar, and soy sauce. Cook over medium heat, stirring constantly, until mixture thickens; boil for 1 minute. Remove from heat. Cut sausages into 1 1/2 inch chunks. Cut each apple into 6 or 8 wedges; core wedges. On long, metal skewers, thread sausages, peppers, and apples. Grill skewers 6 inches above low-glowing charcoals until sausages are lightly brown. Brush kabobs with sweet and sour glaze, turning occasionally. Serve with leftover glaze.

CROCK POT HAM AND POTATOES

Carol Helland

Heartland Senior Services

8 to 10 potatoes, sliced

1 to 2 c. cubed ham

**1 to 2 c. grated Cheddar
cheese**

1 can cream of celery soup

1/2 c. diced onions

1/4 can water

In crock pot, layer potatoes, ham, cheese, and onion. Repeat the layers. Add soup on top and water also. Cook slow for about 8 hours.

KUMLA AND HAM

Donna Busch

Department of Correctional Services

Cover large ham shank with water and simmer in 6 quart kettle for 2 hours. Remove bone and add water to kettle so dumplings will be covered.

Mix together:

5 c. potatoes (raw), grated

1 tsp. salt

1 tsp. baking powder

1/2 tsp. soda

4 to 5 c. flour

Mix potatoes with other ingredients and form into 1½ inch balls. Drop into hot broth and cook slowly for 45 minutes. Balls will not be as sticky if hands are dampened with cold water. Serve with ham and margarine for the Kumla.

KUMLA

Arlene Lande
Heartland Senior Citizens

2 lb. smoked ham hocks
1 qt. ground raw potatoes
3 c. flour

1 Tbsp. salt
½ tsp. baking powder

Cook meat in 2 or 3 quarts water. Remove meat from pan when tender. Save broth. Keep meat warm. Mix ground potatoes, flour, salt, and baking powder. Mix well and form into balls. Drop into boiling broth. Bring to a boil again, then reduce heat. Add more water to broth, if necessary, to cover Kumla balls. Cook for 1 hour. To prevent sticking in bottom, put a flat lid in bottom before dipping balls in.

HAM BALLS

Joyce Lee
McFarland Clinic

1½ lb. ham loaf
1 egg
1 c. graham cracker crumbs
½ c. milk

1 can tomato soup
¼ c. vinegar
¾ c. brown sugar
½ tsp. dry mustard

Blend together ham loaf, egg, cracker crumbs, and milk. Form into balls ½ cup size each. Put in 9x13 inch pan. Mix together tomato soup, vinegar, brown sugar, and dry mustard. Pour on top of ham balls. Cook, uncovered, at 350° for 1½ hours.

HAM BALLS

Joyce O'Tool
Red Rock Community Action

2 lb. ham loaf
1 egg
1 c. graham cracker crumbs
¾ c. milk

1 can tomato soup
¾ c. brown sugar
½ c. white vinegar
1 tsp. dry mustard

Mix and form into balls or loaf. Put into baking pan. Mix soup, brown sugar, vinegar, and dry mustard; pour over loaf or balls. Bake for 1 hour at 350°, or until done.

CANTONESE RIBS

Faith Straszheim

Howard Rockets 4-H Club - Roland, IA

3 lb. country style pork ribs
1/2 c. orange marmalade
1/4 tsp. ground ginger
Dash of pepper

Orange slices
1/4 c. soy sauce
1/4 tsp. garlic powder
1 Tbsp. brown sugar

Place ribs in covered roaster in small amount of water in 250° oven for 5 to 6 hours. Combine other ingredients except orange slices. Drain water from ribs when 1/2 hour roasting time remains. Spoon marmalade mixture over ribs and return for last 1/2 hour. Baste twice. Garnish with orange slices.

BARBEQUED RIBS

Carol Neumann

Camp Fire for Boys and Girls

1 c. onion
1 Tbsp. butter
2 tsp. salt
1 tsp. pepper
1/2 c. tomato paste

1/4 c. lemon juice
1/4 c. vinegar
1 c. water
1/2 c. brown sugar
2 Tbsp. Worcestershire sauce

Sauce: Brown 1 cup onion in 1 tablespoon butter in small saucepan; add rest of the ingredients and simmer for 15 minutes.

Ribs: Bake 4 to 5 pounds ribs in uncovered roaster at 350° for 1 1/2 hours, turning every half hour. Pour off grease, then cover with sauce and bake for another half hour with lid on roaster.

Note: May thicken sauce before serving with flour or cornstarch.

MEAT LOAF

Carol Neumann

Camp Fire for Boys and Girls

1 1/2 lb. ground beef
1 medium onion, chopped
1/2 tsp. salt
4 Tbsp. ketchup

1 c. cracker crumbs
1 egg
1/4 tsp. pepper
1/2 c. milk

Mix all ingredients together in large mixing bowl. Form in individual loaves and place in small rectangle glass baking dish (about 5 to 6 loaves).

Put in small saucepan and boil gently:

4 Tbsp. vinegar
4 Tbsp. brown sugar
2 Tbsp. Worcestershire sauce

1/2 c. chopped onion
1/2 c. ketchup

Pour half of sauce over meat loaves and bake at 325° for 30 minutes. Pour second half over meat loaves and bake for another 30 minutes.

MARINADE FOR BEEF

Karen Thompson
Ames City Clerk's Office

1½ c. salad oil
¾ c. soy sauce
¼ c. Worcestershire sauce
2 Tbsp. dry mustard
2¼ tsp. salt

1 Tbsp. black pepper
½ c. red wine vinegar
1½ tsp. dried parsley flakes
2 crushed cloves garlic
⅓ c. lemon juice

Combine all and mix well. Store in refrigerator in tightly covered jar till ready to use. Pour over chunk or other beef and marinate for 1 to 12 hours prior to grilling or broiling. Makes 3½ cups.

MARINADE FOR GRILLING STEAK AND CHOPS

Sharon Franklin
Beta Sigma Phi

1½ c. salad oil
¾ c. soy sauce
¼ c. Worcestershire sauce
2 Tbsp. dry mustard
2¼ tsp. salt

1 Tbsp. coarse ground pepper
½ c. wine vinegar
1½ tsp. dry parsley
2 crushed garlic cloves
⅓ c. fresh lemon juice

Mix all ingredients and keep refrigerated in lightly sealed container. Thaw meat; shake marinade thoroughly, then pour over meat. Marinade may be used to baste meat while grilling. Meat may be marinated 8 hours to 3 days, depending on personal taste.

BARBECUE BEEF SANDWICHES

Deb Galvin
VC Board of Directors

Cook and cool 2 pounds beef roast and cut in fine pieces. Brown 1 to 2 onions, chopped, in 2 tablespoons oil.

Add:

1 (8 oz.) can tomato paste
6 Tbsp. Worcestershire
¼ c. vinegar
¾ c. water
¼ tsp. celery seed

½ c. brown sugar
1 tsp. chili powder
½ tsp. paprika
Salt and pepper to taste

Simmer with meat for several hours. Best if made the day before; serve on hamburger buns. Makes 10 to 12 sandwiches.

EZ SLOPPY JOES

Elaine Bales
Day Prog. Ctr.

1 lb. ground turkey
1 can tomato soup
1 Tbsp. barbecue sauce
Hamburger buns

½ c. diced onions (optional)
½ c. diced green peppers
(optional)

Brown the ground turkey; add optional veggies. Add tomato sauce and barbecue sauce. Simmer until thick. Brown hamburger buns. Put meat mixture on bun. Serve.

SPOON BURGERS

Carol Neumann
Camp Fire for Boys and Girls

1 lb. hamburger
¼ to ½ c. chopped onion
1 can chicken gumbo soup
1 (15 oz.) can chili beans

Salt and pepper to taste
1 Tbsp. mustard
2 Tbsp. ketchup

Brown meat with onion; drain. Add rest of ingredients and simmer for 15 minutes, or until thickened.

JACK SPRAT'S RICE WITH BLACK BEANS

Mindy Cooper
Iowa State University Anthropology Dept.

1 (13¾ oz.) can defatted
chicken broth (see note)
¼ c. water
½ c. white wine
1 small onion, chopped

1 medium carrot, scraped and
chopped
¾ c. uncooked rice
½ (16 oz.) can black beans,
rinsed well

Put broth, water, wine, onion, and carrot into medium saucepan and bring to boil. Add rice and beans; cover and reduce heat. Cook until liquid is absorbed, about 30 minutes. Makes 2 servings.

Note: Chill chicken broth can before opening for easy removal of fat. Dish can also be cooked in oven, preheated to 350°. Put ingredients in 2 quart baking dish and bake for 1 hour.

Breads, Rolls

MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon, 45 seconds to one minute.
3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes. One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
7. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There will be less stirring to dissolve the gelatin.
9. Heat hot packs in a microwave oven. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
10. To scald milk, cook 1 cup milk for 2-2½ minutes, stirring once each minute.
11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
12. Refresh stale potato chips, crackers, or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
20. For stamp collectors: Place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
27. Heat leftover custard and use it as frosting for a cake.
28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
29. Toast coconut in the microwave. Watch closely because it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

BREADS, ROLLS



BEER BREAD

Lynn Avant
ISU

3 c. flour
4 tsp. baking powder
3 tsp. salt

$\frac{1}{4}$ c. sugar
12 oz. can beer or light ale
 $\frac{1}{4}$ c. butter or margarine

In a large bowl, stir together 3 cups of flour, 4 teaspoons baking powder, 3 teaspoons of salt, and $\frac{1}{4}$ cup of sugar. Add a 12 ounce can of beer or light ale and stir until dry ingredients are well moistened. Turn into a buttered loaf pan and drizzle $\frac{1}{4}$ cup melted butter or margarine over. Bake at 350° for 50 minutes.

CHEESE BREAD

Karen Selby
Dept. of Human Services - Story Co.

1 $\frac{3}{4}$ c. milk
2 Tbsp. butter
3 Tbsp. honey
2 pkg. yeast
 $\frac{1}{2}$ c. warm water

6 $\frac{1}{2}$ to 7 c. flour
2 $\frac{1}{2}$ tsp. salt
1 $\frac{1}{4}$ c. Mozzarella cheese
1 $\frac{1}{4}$ c. Cheddar cheese

Heat milk. Add butter and honey. Let cool. In large bowl, dissolve yeast in warm water. Add cooled milk mixture, salt, and 3 cups flour, beating until smooth. Mix in one more cup flour and fold in the cheeses. Gradually add remaining flour. Turn out on floured board and knead for about 5 minutes. Divide into balls. Bake at 350° until brown.

DILLY BREAD

Margie Oldehoeft
Mary Greeley Medical Center

1 pkg. dry yeast
 $\frac{1}{4}$ c. warm water
1 c. creamed cottage cheese
(lukewarm)
2 Tbsp. sugar
1 tsp. minced onion
1 Tbsp. butter

2 tsp. dill seed (may use less)
1 tsp. salt
 $\frac{1}{4}$ tsp. soda
1 unbeaten egg
2 $\frac{1}{2}$ c. flour (sometimes 2 to
2 $\frac{1}{2}$ c. used)

Soften yeast in water. Combine cheese, sugar, onion, butter, dill seed, salt, soda, egg, and yeast. Add flour, a little at a time, beating well after each addition. Add enough to form a stiff dough. Let rise until double in bulk, about an hour (in preheated 200° oven, turned off). Stir down. Turn out into a well greased 8 inch round casserole or 2 small loaf pans. Let rise for about 30 to 40 minutes. Bake at 350° for 40 to 50 minutes. Brush with butter, lightly sprinkle with salt. Serve hot or cold.

Note: 2 small loaf pans may take only 20 minutes.

MONKEY BREAD

Charene Starcevic
Volunteer Center of Story County

3 pkg. biscuits (dinner rolls - 10 per pkg.)	1/3 c. sugar
1 1/2 tsp. cinnamon	1 1/2 sticks margarine
	1 c. brown sugar

Cut biscuits into 4 pieces each and roll in 1/2 teaspoon cinnamon and sugar. Place each piece in a greased Bundt pan.

Sauce - boil for 2 to 3 minutes:

1 1/2 margarine	1 c. brown sugar
1 tsp. cinnamon	

Let it set out overnight. Bake at 350° for 20 to 25 minutes. Cool for 10 minutes and turn over; pour out.

THREE C BREAD

Deb Catron
Kelley, IA

3 beaten eggs	1/2 tsp. salt
1/2 c. cooking oil	2 c. shredded carrots
1/2 c. milk	1 (3 1/2 oz.) can flaked coconut (1 1/3 c.)
2 1/2 c. sifted flour	1/2 c. maraschino cherries
1 c. sugar	1/2 c. raisins
1 tsp. baking powder	1/2 c. pecans
1 tsp. baking soda	
1 tsp. ground cinnamon	

Combine beaten eggs, oil, and milk. In large bowl, sift together flour, sugar, baking powder, baking soda, cinnamon, and salt. Add egg mixture. Mix just until thoroughly combined. Stir in carrots, coconut, cherries, raisins, and pecans. Turn into 4 well greased and floured 16 ounce fruit or vegetable cans. Bake in a 350° oven for 45 to 60 minutes. Remove from cans and cool thoroughly. Wrap and refrigerate overnight, or until used. Makes 4 small loaves (to make 1 large loaf, bake in 9x5x3 inch loaf pan for 55 to 60 minutes).

BREAD STICKS

Bobbi Countryman
Ames Public Library

- | | |
|---|----------------------------|
| 1 pkg. dry yeast | 1 tsp. salt |
| 1 Tbsp. sugar | 4 c. flour |
| 1½ c. warm water | 1 egg, beaten plus 1 Tbsp. |
| Coarse salt, poppy seeds, or
sesame seed | water |

Place yeast, sugar, and water in bowl. Stir once and wait until mixture is all dissolved. Add flour and salt. Knead the dough for 5 minutes. Divide into 20 pieces and roll them into sticks. Arrange on greased cookie sheets. Brush with egg and water. Sprinkle with choice of topping. Bake at 400° for 12 to 15 minutes.

BANANA NUT BREAD

Marlys Cooper
Volunteer Center of Story County Board of Directors

- | | |
|----------------------|--------------------------------------|
| 2 c. flour | 2 eggs, slightly beaten with
fork |
| 1 tsp. baking powder | 1 c. mashed bananas |
| ½ tsp. salt | ½ c. chopped nuts |
| 1 c. sugar | |
| ½ c. shortening | |

Cream shortening and sugar; add eggs and mashed bananas. Gently mix dry ingredients and creamed ingredients with a fork. Add nuts. Pour into 1 large, 2 medium, or 4 small loaf pans or 9 orange juice or soup cans, $\frac{3}{4}$ full. Let stand for 20 minutes, then bake for 45 minutes or less if smaller size in 350° oven. Characteristic is a rough top and a crack down the length of loaf. Set can of water in oven to retain moisture.

BANANA NUT BREAD

Megan Whited
Ames Mighty Muskrats 4-H

- | | |
|--------------------------|---------------------|
| ½ c. butter or margarine | ½ tsp. soda |
| 1 c. sugar | 1 c. mashed bananas |
| 1 egg, beaten | 3 Tbsp. milk |
| 2 c. sifted flour | ½ c. nuts |
| 1 tsp. baking powder | |

Grease a 9x5x3 inch loaf pan. Beat butter, sugar, and egg in a large bowl until fluffy. Combine bananas and milk. Stir flour, baking powder, and soda. Stir into sugar mixture alternately with bananas and milk. Stir in nuts and pour into pan. Bake at 350° for 1 hour. Cool in pan for 5 minutes. Turn out of pan and cool completely.

BREAD

Joyce Sievers
The Tribune

2 c. lukewarm water
2 Tbsp. sugar
1 tsp. salt

2 Tbsp. shortening
1 pkg. yeast
6 to 6¼ c. flour

Mix together water, sugar, salt, shortening, and yeast. Blend in the flour. Knead. Let rise until double (about 2 hours). Knead again. Let rise for about 45 minutes. Knead again. Let set for 15 minutes. Place into greased pans. Let rise. Bake for 15 minutes at 450°, then for 20 to 30 minutes at 375°.

PIZZA BREAD

Joyce Sievers
The Tribune

1 loaf frozen bread, thawed
(not raised)
1 egg, well beaten

Pepperoni slices
Shredded Cheddar cheese
Shredded Mozzarella cheese

Roll loaf into 8x10 inch rectangle. Brush middle with egg. Put pepperoni down middle in 2 rolls. Top with cheese. Fold sides in and pinch all edges. Brush top with egg. Place on greased cookie sheet. Bake at 350° for 30 minutes.

RUSSIAN BLACK BREAD

5 c. all-purpose flour
2 pkg. Fleischmann's active dry yeast
1 Tbsp. Spice Island caraway seed
2 tsp. salt
2½ c. water
¼ c. vegetable oil

¼ c. molasses
2 sq. (2 oz.) unsweetened chocolate, melted
2 tsp. instant coffee crystals
3 c. medium rye flour
1 (8 oz.) pkg. Dromedary chopped dates or Dromedary pitted dates, snipped

In a large bowl, combine 3 cups all-purpose flour, undissolved yeast, caraway seeds, and salt. Heat water, oil, molasses, chocolate, and instant coffee until very warm (120° to 130°F.) Gradually add to dry ingredients; beat for 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Beat for 2 minutes at high speed. With spoon, stir in rye flour and enough remaining flour to make soft dough. Knead on floured surface until smooth, about 10 minutes. Place in greased bowl, turning to grease top. Cover. Let rise in warm place until doubled in size, about 45 to 60 minutes. Punch dough down. On floured surface, knead in dates. Divide dough in half; shape each into 5 inch diameter ball. Place in 2 greased 8

inch round cake pans or on greased baking sheets. Cover. Let rise in warm pans until doubled in size, about 45 to 60 minutes. Bake at 350° for 45 minutes, or until done. Remove from pans. Cool on wire racks.

CINNAMON LOAF

Deb Catron
Kelley, IA

1/2 c. shortening
1 c. sugar
2 eggs
1 tsp. vanilla

1 c. sour milk or buttermilk
1 tsp. baking soda
1 tsp. baking powder
2 c. flour

Topping:

1/4 c. sugar
1 tsp. cinnamon

1/4 c. nuts (optional)

Cream together shortening and 1 cup sugar; add eggs and vanilla. Beat. Add milk, flour, baking powder, and baking soda (sifted together). Put half of batter into greased and floured loaf tin. Sprinkle with a mixture of cinnamon and 1/4 cup sugar, saving some of the mixture for the top. Sprinkle on a few nuts and swish around with knife. Pour on remaining batter. Sprinkle on remaining sugar-cinnamon mixture and nuts. Again swish with knife. This gives a swirl effect when bread is sliced. Bake for 60 minutes at 350°.

MONKEY BREAD

Jill Ripperger
Ames City Clerk's Office

4 tubes biscuits
2 tsp. cinnamon
2/3 c. sugar
1 1/2 sticks butter

1/2 c. sugar
1/2 c. brown sugar
2 tsp. cinnamon

Cut each biscuit in half. Dip into 2/3 cup sugar and cinnamon mixture. Place in greased Bundt pan. Let set in refrigerator overnight. In morning, mix butter, sugar, brown sugar, and cinnamon. Boil until it starts to bubble. Pour over bread and bake at 350° for about 40 minutes. Bread should be crispy on top.

FRENCH BREAD

Mindy Cooper
Story County 4-H Champion Bread

2 pkg. yeast
1/2 c. warm water
1 Tbsp. salt

2 c. warm water
7 to 7 1/2 c. flour
Corn meal

Soften yeast in $\frac{1}{2}$ cup warm water; let set for awhile. Combine salt and 2 cups warm water. Beat in 2 cups flour. Stir in yeast and add the rest of the flour. Knead for 10 minutes. Put in greased bowl and let raise until double in size. Punch down; turn over and let rise again until double in size. Divide in 2 pieces; let rest for 10 minutes. Roll each piece into a 12x15 inch rectangle.

Roll up lengthwise and seal edges. Put on a greased cookie sheet sprinkled with corn meal. Slash top of bread diagonally a few times. Let rise until double in size. Bake at 400°F. for 20 to 25 minutes.

CLARA LYDELL'S RYE BREAD

Diane Nelson

Ames Mighty Muskrats 4-H

1 pkg. (1 Tbsp.) dry yeast
 $\frac{1}{4}$ tsp. granulated sugar
 $\frac{1}{2}$ c. lukewarm water
 $\frac{1}{2}$ c. molasses
 $\frac{1}{3}$ c. margarine
 $\frac{1}{4}$ c. brown sugar
 $\frac{1}{4}$ c. granulated sugar
1 tsp. salt

3 tsp. fennel seeds or caraway seeds, crushed (or $1\frac{1}{2}$ tsp. each - optional)
1 c. boiling water
1 c. lukewarm water
 $2\frac{1}{2}$ c. rye flour
4 to 5 c. unbleached all-purpose flour

Dissolve yeast and $\frac{1}{4}$ teaspoon granulated sugar in $\frac{1}{2}$ cup lukewarm water; stir and set aside. In large bowl, combine molasses, margarine, brown sugar, $\frac{1}{4}$ cup granulated sugar, salt, and seeds (if using). Add boiling water and stir to melt margarine and dissolve sugars. Add 1 cup lukewarm water, yeast mixture, and rye flour, beating until well mixed. Stir in all-purpose flour; turn out dough onto floured surface and knead. Dough will be sticky. Cover and let rise in warm place until doubled. Punch down. Place in 2 greased 9 inch loaf pans and let rise again. Bake at 350°F. for about 45 minutes.

FRENCH BREAD

Elaine Anderson

City of Collins

2 pkg. yeast
 $1\frac{1}{2}$ c. warm water
1 Tbsp. salt

2 c. lukewarm water
7 to $7\frac{1}{2}$ c. flour

Soften yeast in warm water. Add and beat in 2 cups flour to the salt and water. Blend in yeast. Stir in $4\frac{1}{2}$ to 5 cups flour, making moderately stiff dough. Knead for 10 to 15 minutes on lightly floured board, working in $\frac{1}{2}$ cup flour at a time. Place in greased bowl, turning to grease surface. Cover; let rise double (1 hour). Turn on lightly floured board and divide

in two. Roll each portion into 15x12 inch rectangle. Roll tightly. Gash top $2\frac{1}{2}$ x $\frac{1}{4}$ inch deep. Bake at 375° .

APPLE BREAD

Becky Aldridge

2 eggs, well beaten	$\frac{1}{2}$ tsp. cinnamon
1 c. sugar	$\frac{1}{2}$ tsp. baking soda
1 c. flour	$\frac{1}{2}$ tsp. baking powder
2 c. apples, diced	Pinch of salt
$\frac{1}{4}$ c. nuts, chopped	

Grease and flour bread pan, 9x5 inches. Beat together ingredients and pour in bread pan. Bake at 350° for 25 minutes.

CRANBERRY BREAD

Marlys Cooper
Story County 4-H

1 c. sugar	2 Tbsp. hot water
2 Tbsp. shortening	1 egg
2 c. flour	$\frac{1}{2}$ c. orange juice
$1\frac{1}{2}$ tsp. baking powder	1 c. cranberries
$\frac{1}{2}$ tsp. soda	$\frac{1}{2}$ c. nuts

Mix flour, sugar, and baking powder. In separate bowl, mix well beaten egg, orange juice, and soda dissolved in hot water. Add melted shortening to liquid. Mix liquid with dry mixture just to blend. Add cranberries and nuts. Bake at 325° for 1 to $1\frac{1}{2}$ hours.

PUMPKIN BREAD

Marlys Cooper
U.S. Filter Corporation

$3\frac{1}{3}$ c. flour	3 c. sugar
2 tsp. soda	1 c. oil
$1\frac{1}{2}$ tsp. salt	4 eggs
1 tsp. cinnamon	$\frac{2}{3}$ c. water
1 tsp. nutmeg	2 c. pumpkin (1 small can)

Sift together dry ingredients, including sugar. Make a well in dry ingredients. Add all remaining ingredients. Mix together until smooth. Pour into 3 bread pans; bake at 350° for 1 hour. Cool slightly in pans, then on racks. Store in refrigerator or freezer. Pecans may be added.

BAGELS

Rebekkah Nelson
Ames Mighty Muskrats - 4-H

$\frac{3}{4}$ c. warm water (110°F.)
1 Tbsp. active dry yeast
3 Tbsp. sugar
 $\frac{3}{4}$ c. sourdough starter

1 Tbsp. salt
4 to 5 c. all-purpose or bread
flour
2 qt. water

Mix water, yeast, sugar, and sourdough starter in large bowl. Let set for 10 minutes. Mix in salt and enough flour to get soft dough. Turn dough onto lightly floured surface. Clean and grease bowl; set aside. Knead dough for 10 minutes, until smooth and elastic. Place in greased bowl; cover loosely. Let rise for 30 minutes. Punch dough down; divide into 12 equal portions. Roll each into balls. Use your thumb to poke a hole into each ball, then form into doughnut shape. Cover with damp towel and let rise for 20 minutes. Grease a large baking sheet. Preheat oven to 375°. Bring 2 quarts water to boil in large pot. Reduce heat to simmer. Float as many bagels in simmering water as will fit. Simmer for 7 minutes. Remove bagels and drain on paper towel. When all have been boiled, place on a baking sheet. Bake for about 30 minutes until tops are golden brown. Makes 12 bagels.

HONEY OATMEAL BREAD

Deb Catron
Kelley, IA

2 c. boiling water
1 c. quick cooking oatmeal
2 pkg. yeast
 $\frac{1}{3}$ c. warm water

1 Tbsp. salt
 $\frac{1}{2}$ c. honey
2 Tbsp. butter
4 to 5 c. flour

Pour 2 cups boiling water over 1 cup oatmeal. Let stand for $\frac{1}{2}$ hour. Soak yeast in $\frac{1}{3}$ cup warm water. Add salt, honey, and butter (you could add butter to warm oatmeal mixture to melt). Stir in yeast. Add flour to make kneadable. Knead for 5 to 10 minutes, adding flour until smooth. Put in greased bowl and let rise. Divide into 2 loaves; let rise. Bake for 30 to 40 minutes at 350°.

APPLE BREAD

Deb Catron
Kelley, IA

1 c. sugar
1/2 c. shortening
2 eggs
1 tsp. vanilla
2 c. flour
1 tsp. baking powder
1 tsp. baking soda

1/2 tsp. salt
1 c. Jonathan apples, pared
and chopped or shredded
1/2 c. nuts, chopped
1 Tbsp. sugar
1/2 tsp. cinnamon

Mix 1 cup sugar, shortening, eggs, and vanilla. Stir in flour, baking powder, baking soda, and salt until smooth. Stir in apples and nuts. Spread batter in a greased and floured loaf pan. Mix 1 tablespoon sugar and cinnamon; sprinkle over batter. Bake at 350° for about 50 minutes, or until toothpick inserted in center comes out clean. Remove bread from pan immediately. Store tightly covered.

BEAU MONDE BREAD

Holly Lester
Gilbert Jr.-Sr. High School

1 loaf unsliced sandwich bread
(I use Vienna bread)
1/2 lb. margarine (soft tub is
good)
2 Tbsp. onion, grated
1 Tbsp. mustard

1/2 tsp. Beau Monde
2 Tbsp. lemon juice (or 1
Tbsp.)
1 Tbsp. poppy seed
8 oz. sliced Swiss cheese

Cut top and side crusts off the bread. Cut X's 3/4 way through bread top; stuff all X's with the Swiss cheese. Blend margarine and all seasonings. Frost the loaf with the margarine mixture. Place loaf on foil, rolling loosely 3/4 up the sides of the loaf. Bake for 30 minutes at 350°. Watch that it doesn't burn. Will hold in warm oven quite awhile. Can be made ahead and frozen to bake later. Good with soups or salads.

A TO Z BREAD

Linda Haglund
Iowa State University Anthropology Dept.

3 c. flour
1 tsp. salt
1 tsp. baking soda
3 tsp. cinnamon
1 tsp. baking powder
3 eggs

1 c. oil
2 c. sugar
2 c. A to Z*
3 tsp. vanilla
1 c. chopped nuts (optional)

Stir dry ingredients and set aside. In large bowl, beat eggs. Add oil and sugar. Beat until creamy. Add A to Z and vanilla. Add dry ingredients. Mix well. Spoon into 2 well greased loaf pans. Bake in preheated oven at 325° for 1 hour.

* A to Z ingredients may include applesauce, bananas, cherries, dates ... zucchini or any combination of these kinds of ingredients.

DILLY CASSEROLE BREAD

Marlys Cooper
Volunteer Center of Story County

1 pkg. yeast	2 tsp. dill seed
1/4 c. warm water	1 tsp. salt
1 c. cottage cheese (lukewarm)	1/4 tsp. soda
2 Tbsp. sugar	1 egg
1 Tbsp. onion, minced	2 1/4 to 2 1/2 c. flour
1 Tbsp. butter	

Soften yeast in warm water. Mix dry ingredients together. Add warm cottage cheese to yeast. Add dry ingredients and mix well. Let rise. Stir down and let rise again. Can be baked in either casserole or loaf pan at 350°. Pour in pan rather than try to shape into loaf.

SPELT YEAST BREAD

Mindy A. Cooper
Story County 4-H Champion

3 1/4 c. whole spelt flour	1/3 c. honey
1 pkg. active dry yeast	1/4 c. margarine or butter
1 c. water	1 egg

In large mixing bowl, combine 2 cups of the spelt flour and the yeast. In a saucepan, heat and stir in water, honey, margarine or butter, and 1 teaspoon salt till warm (120° to 130°F.). Add water mixture to flour mixture; add egg. Beat with an electric mixer on low speed for 30 seconds. Beat for 3 minutes on high speed.

Stir in remaining flour to make a soft dough. Cover; let rise till double (45 to 60 minutes). Spread dough in a greased 9x5x3 inch loaf pan. Cover; let rise till double (30 to 45 minutes). Bake in a 375°F. oven for 25 to 30 minutes, or until loaf sounds hollow when tapped. Cover with foil the last 10 minutes of baking. Remove from pan; cool. Makes 1 loaf (18 slices).

BROWN SUGAR WHOLE WHEAT BREAD

Mindy Cooper
Story County 4-H Bread Champion

2 pkg. yeast
 $\frac{1}{2}$ c. water
 $4\frac{2}{3}$ c. hot water
1 c. brown sugar

6 tsp. salt
 $\frac{1}{2}$ c. shortening
6 c. whole wheat flour
10 c. white flour

In a measuring cup, dissolve yeast in $\frac{1}{2}$ cup water. In a bowl, combine next 4 ingredients (hot water, brown sugar, salt, shortening). Add 6 cups whole wheat flour. Add yeast mixture; mix. Add white flour, 1 cup at a time. Knead in last 2 cups. Knead until bread is elastic. Cover and let rise. Knead; shape and place in greased pans. Let rise for 10 minutes. Bake at 375° for 40 to 45 minutes. Makes 4 (9x5 inch) loaves bread or more.

HONEY WHOLE WHEAT BREAD

Beth Wunder
Volunteer Center of Story County

1 c. milk
 $\frac{1}{4}$ c. margarine
2 Tbsp. sugar
 $\frac{1}{2}$ c. honey
 $1\frac{1}{2}$ tsp. salt

2 pkg. active dry yeast
 $1\frac{1}{2}$ c. lukewarm water
 $2\frac{1}{2}$ c. bread flour
5 c. whole wheat flour

Heat milk, margarine, and sugar to 120° to 130° . Add honey and salt. Cool slightly. Dissolve yeast in lukewarm water. Mix yeast mixture, bread flour, and $2\frac{1}{2}$ cups wheat flour with milk mixture in large mixing bowl. Beat with electric mixer at medium speed until smooth, about 2 minutes. Gradually add enough whole wheat flour to make a soft dough that leaves the side of the bowl. Turn out on floured surface. Let rest for 10 minutes. Knead until smooth and satiny, about 10 minutes. Place in lightly greased bowl. Cover and let rise in warm place until doubled, about $1\frac{1}{2}$ hours. Divide dough in half. Shape into 2 loaves. Place in greased 9x5 inch loaf pans. Let rise until doubled. Bake at 400° for 40 to 45 minutes.

TRIPLE-CHOCOLATE QUICK BREAD

Marlene Weisshaar

Ames Public Library Foundation Board

**1/2 c. butter or margarine,
softened**
2/3 c. packed brown sugar
2 eggs
**1 c. (6 oz.) miniature semi-
sweet chocolate chips,
melted**
1 1/2 c. applesauce

Glaze:

**1/2 c. miniature semi-sweet
chocolate chips**
1 Tbsp. butter or oleo

2 tsp. vanilla
2 1/2 c. flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
**1/2 c. miniature semi-sweet
chocolate chips**

2 to 3 Tbsp. half & half cream
1/2 c. confectioners sugar
1/4 tsp. vanilla

In a mixing bowl, cream butter and sugar; add eggs and melted chocolate. Mix well. Add applesauce and vanilla. Set aside. Combine flour, baking powder, baking soda, and salt; add to creamed mixture and mix well. Stir in chocolate chips. Spoon the batter into 4 greased 5 1/2 x 3 x 2 inch loaf pans. Bake at 350° for 35 to 40 minutes, or until done. Cool in pans for 10 minutes before removing to wire racks to cool completely.

For glaze, melt chocolate chips and butter in saucepan; stir in cream. Remove from heat; stir in sugar, vanilla, and salt. Drizzle over bread. Yield: 4 mini loaves.

SOURDOUGH STARTER

Rebekkah Nelson

4-H Blue Ribbon Winner

2 c. water
1 tsp. active dry yeast

2 c. all-purpose or bread flour
3 Tbsp. sugar

In 2 quart glass or plastic bowl, combine all ingredients. Stir until smooth. Cover loosely so fresh air can get in and place in warm spot (80°F. or 25°C is perfect). Stir twice a day; let set for 3 to 5 days. When it smells slightly sour and there are bubbles, refrigerate until used.

PINEAPPLE-ZUCCHINI BREAD

Artie Graham

Volunteer - Ames Public Library

- | | |
|---|----------------------|
| 3 eggs | 1/2 c. raisins |
| 2 c. sugar | 1/2 c. chopped nuts |
| 1 c. oil | 3 c. flour |
| 1 tsp. vanilla | 1 tsp. baking powder |
| 2 c. grated zucchini | 1 tsp. salt |
| 1 small can pineapple tidbits,
drained | 1 tsp. baking soda |
| | 3 tsp. cinnamon |

Preheat oven to 325°. Beat eggs, sugar, and vanilla. Add zucchini, pineapple, raisins, and nuts. Mix well. Sift dry ingredients together and add to mixture. Pour into 2 greased and floured loaf pans. Bake for about 1 hour, or until toothpick comes out clean.

HAWAIIAN BREAD

Artie Graham

Volunteer - Ames Public Library

- | | |
|------------------------------|----------------------|
| 3 eggs | 2 c. coconut |
| 1/2 c. salad oil | 1 c. chopped walnuts |
| 2 c. finely shredded carrots | 1/2 tsp. salt |
| 1 c. raisins | 1 tsp. baking soda |
| 2 c. flour | 1 tsp. baking powder |
| 1 c. sugar | 1 tsp. cinnamon |
| 1 tsp. vanilla | |

Beat eggs; stir in oil and vanilla. Add carrots, raisins, coconut, and nuts to preceding. Sift dry ingredients together and add to other mixture. Bake at 350° for 1 hour in greased 9x5 inch bread pan.

COFFEE CAKE

Carol Neumann

Story County Volunteer Center

- | | |
|-----------------------|---------------------------------|
| 1 1/2 c. sifted flour | 1/3 c. shortening or 1/2 c. oil |
| 3/4 c. sugar | 1/2 c. milk |
| 2 tsp. baking powder | 1 egg |
| 1/2 tsp. salt | 1 tsp. vanilla |

Sift into large bowl the flour, sugar, baking powder, and salt. Add shortening, milk, and flavoring; beat with mixer at medium speed for 2 minutes. Add egg and beat for 1 minute longer. Grease and dust 8 or 9 inch square cake pan. Pour batter into pan. Bake in oven at 375° for 25 minutes. Melt 1/4 cup butter and spoon over cake. Sprinkle with a sugar/cinnamon mixture until nice coating over entire cake. Bake for another 5 minutes.

CRANBERRY COFFEE CAKE

Mary J. Harms
Ames Public Library Foundation

$\frac{2}{3}$ c. margarine, softened
1 c. sugar
1 c. packed brown sugar
2 eggs
2 c. flour
 $1\frac{1}{2}$ tsp. cinnamon, divided
1 tsp. baking powder

1 tsp. baking soda
 $\frac{1}{2}$ tsp. salt
1 c. buttermilk
 $\frac{1}{4}$ to $\frac{1}{2}$ tsp. nutmeg
 $\frac{1}{2}$ c. chopped nuts
2 c. fresh cranberries, minced

Beat margarine until creamy; add sugar and $\frac{1}{2}$ cup brown sugar, then eggs. Combine flour, 1 teaspoon cinnamon, and next 3 ingredients; add to first mixture alternately with buttermilk. Mix well after each addition. Spoon half batter into greased and floured 9x13 inch pan.

Combine remaining $\frac{1}{2}$ cup brown sugar, remaining $\frac{1}{2}$ teaspoon cinnamon, nutmeg, and nuts. Sprinkle half over batter. Top with cranberries. Add remaining batter and top with remaining mixture. Bake at 350° for 35 minutes, or until done. Serves 15.

RASPBERRY COFFEE CAKE

Ruby Thacker
Huxley Public Library

3 oz. pkg. cream cheese
 $\frac{1}{4}$ c. butter
2 c. biscuit mix

$\frac{1}{3}$ c. milk
 $\frac{1}{2}$ c. raspberry preserves

Cut cream cheese and butter into packaged biscuit mix till crumbly. Blend in milk. Turn out onto lightly floured surface and knead 8 to 10 strokes. On waxed paper, roll dough to 12x8 inch rectangle. Turn onto greased baking sheet; remove waxed paper. Spread preserves down center of dough. Make $2\frac{1}{2}$ inch cuts at 1 inch intervals on long sides. Fold strips over filling (making an X). Bake at 425° for 12 to 15 minutes. Drizzle warm coffee cake with Confectioners Icing.

Confectioners Icing: Combine 1 cup sifted powdered sugar, $\frac{1}{4}$ teaspoon vanilla or almond extract, and enough milk to make of drizzling consistency. Drizzle icing back and forth across loaf.

Note: Double recipe and make 3 coffee cakes. Roll them out a bit thinner; add more preserves (for a total of up to $\frac{3}{4}$ cup). One coffee cake does not last!

RASPBERRY COFFEE CAKE

Shirley Stakey
Iowa 4-H Program

2 c. Bisquick
3 oz. cream cheese
1/4 c. oleo

1/3 c. milk
1/2 c. raspberry preserves
Icing

Cut oleo and cream cheese into Bisquick. Add milk. Blend. Knead dough 8 to 10 times. Shape into 12x8 inch rectangle. Spread preserves on middle third of rectangle. Cut 1 inch strips on two outside thirds of rectangle. Fold over preserves, alternating from each side. Place on cookie sheet. Bake at 425° for 12 to 15 minutes. Drizzle with icing (if desired). Cut in serving size strips. Best served warm.

CINNAMON COFFEE CAKE

Susie DeMoss

1/2 c. vegetable oil
1/2 c. milk
1 1/2 c. flour
3/4 c. sugar

1 beaten egg
2 tsp. baking powder
1/2 tsp. salt

Topping:

1/2 c. brown sugar
2 tsp. flour

2 tsp. cinnamon
2 tsp. melted butter

Combine first 3 ingredients well. Add remaining ingredients and mix well. Pour into greased 9x9x2 inch pan. Make topping and sprinkle over entire cake. Bake at 375° for 25 minutes. Serve with butter if desired.

SUNDAY MORNING COFFEE CAKE

Martha Kash
Martha's Vineyard B&B at Colo - Member of Story County Historical Alliance

2 c. all-purpose flour
2 c. brown sugar
1/2 c. (or 1/4 lb.) butter or
margarine
1/3 c. all-purpose flour
1 tsp. soda
1 tsp. salt

1 tsp. cinnamon
1 c. buttermilk
1 egg, beaten
1 tsp. vanilla
1 c. chocolate chips or 1 c.
raisins or 1 c. chopped nuts

Blend margarine, 2 cups flour, and 2 cups brown sugar until crumbs are formed. Reserve 3/4 cup of crumb mixture. Add balance of dry ingredients; mix. Mix in buttermilk, egg, and vanilla. Do not overmix. Add 1 of optional ingredients if desired. Pour into prepared 9x13 inch loaf pan. Top with reserved crumb mixture. Bake in preheated 350° oven for 35 minutes, or until done.

EASY COFFEE CAKE

Barb Johnston
South Hamilton Community Schools

2 c. flour
1/2 tsp. salt
1 tsp. cinnamon
1 tsp. soda
1 tsp. baking powder
1 c. white sugar

1/2 c. brown sugar
2/3 c. shortening
2 eggs
1 c. buttermilk (reconstituted powdered)

Cream together sugar and shortening; add eggs and beat well. Add dry ingredients alternately with buttermilk. Pour into 9x13 inch pan.

Topping:

1/2 c. brown sugar
1/2 tsp. cinnamon

1/4 tsp. nutmeg
1/2 c. nuts

Mix topping and crumble on top. Refrigerate overnight. Bake at 350° for 35 minutes.

ESCHMANN'S COFFEE CAKE

Judith Hughes
Ames Public Library

Cake - 15x10 inch pan:

1 1/2 c. flour
2 1/4 tsp. baking powder
3 Tbsp. softened oleo
1/2 c. sugar

1 egg
1/2 c. plus 2 Tbsp. milk
1/2 tsp. vanilla

Topping:

2 1/2 c. flour
1 c. sugar
1 tsp. cinnamon

1/4 tsp. nutmeg
2 sticks oleo

Blend topping ingredients; set aside. Whisk cake ingredients. Pour cake batter in pan. Cover with topping. Bake at 350° for 30 minutes. Dust with XXXX sugar.

APPLE STREUSEL MUFFINS

Susan L. VandeKamp
Story County Recorder

- | | |
|----------------------------|-----------------------------|
| 2 c. flour | 1/2 tsp. baking soda |
| 1 c. sugar | 2 large eggs, beaten |
| 1 Tbsp. baking powder | 1 c. sour cream |
| 1 1/4 tsp. apple pie spice | 1/4 c. melted oleo (butter) |
| 1/2 tsp. salt | 1 c. apples, diced |

Streusel Topping:

- | | |
|---------------|--------------------------|
| 1/4 c. sugar | 1/4 tsp. apple pie spice |
| 3 Tbsp. flour | 2 Tbsp. oleo (butter) |

In large bowl, stir together flour, sugar, baking powder, apple pie spice, salt, and baking soda. Set aside. In small bowl, beat eggs, sour cream, and butter. Add all at once to dry ingredients along with apples. Stir just until moistened. Fill well greased muffin tins $\frac{2}{3}$ full. Combine topping ingredients. Sprinkle on top. Bake at 400° for 20 to 25 minutes. Makes 18 muffins.

LEMON POPPY SEED MUFFINS

Valerie Thompson

- | | |
|-----------------------------|-------------------|
| 1 lemon cake mix | 1/2 c. oil |
| 1 box instant lemon pudding | 1 c. water |
| 4 eggs | 1/4 c. poppy seed |

Bake at 375° until golden brown.

PINEAPPLE-CARROT WHEAT MUFFINS

Vicci Pinkerton
Worldly Goods

- | | |
|---------------------------------|-----------------------------|
| 1 1/4 c. flour | 1/2 c. grated raw carrot |
| 1/2 c. wheat germ | 1 (8 oz.) can crushed |
| 1/4 c. oat bran | pineapple (no sugar added), |
| 1/2 c. brown sugar | drained |
| 1 tsp. baking soda | 1 tsp. vanilla |
| 2 eggs or 1/2 c. egg substitute | 1 Tbsp. wheat germ, mixed |
| 1/2 c. Canola oil | with 2 Tbsp. granulated |
| 3/4 c. buttermilk | sugar (for topping) |

Preheat oven to 400°. Spray 12 cup muffin pan with nonstick cooking spray. In large bowl, combine dry ingredients. In separate bowl, whisk eggs, oil, buttermilk, carrot, pineapple juice, and vanilla. Add to flour mixture and stir just until moistened. Divide batter among muffin cups. Sprinkle with topping. Bake for 20 minutes.

KING AND PRINCE MUFFINS

Mari Lindner

Sugar Tree Ltd. Tea Room

1½ c. Quaker Oats
¾ c. light brown sugar
1¼ c. all-purpose flour
¾ tsp. baking powder
¼ tsp. baking soda
¼ tsp. salt

1¼ c. buttermilk
1 egg
½ stick butter or margarine,
melted and cooled
⅓ c. raisins
⅓ c. pecans

Mix first 6 ingredients together thoroughly. Add buttermilk, egg, and butter. Mix gently. Fold raisins and pecans into batter. Fill muffin tins half full and bake at 350° for approximately 15 minutes, or until toothpick inserted in muffin comes out clean. Makes 1 dozen.

PUMPKIN MUFFINS

Donna Busch

Department of Correctional Services

½ c. pumpkin
3 Tbsp. flour
Artificial sweetener to equal 4
tsp. sugar
1 egg
⅓ c. nonfat dry milk powder

2 Tbsp. raisins
1 tsp. baking soda
1 tsp. cinnamon
1 tsp. vanilla
2 tsp. brown sugar

Mix all ingredients together. Pour into 6 muffin tins that have been sprayed with release agent. Bake at 350° for 20 minutes. This serves one and is approved by Weight Watchers.

MORNING GLORY MUFFINS

Mix together:

¾ c. raisins, soaked in water
for 2 minutes and drained
2 c. flour
1 c. sugar

2 tsp. baking soda
2 tsp. cinnamon
½ tsp. salt
⅛ tsp. nutmeg

Mix together:

2 c. finely grated carrots
1 large green apple, shredded
1 c. rolled oats

3 eggs
⅔ c. oil
2 tsp. vanilla

Stir 2 mixtures together. Fill muffin cups pretty full. Bake at 350° for 20 minutes, or light brown. Cool on wire rack. Makes 22 to 24 muffins.

ENGLISH MUFFINS IN A LOAF

Deb Catron
Kelley, IA

5½ to 6 c. flour
2 pkg. yeast
1 Tbsp. sugar
2 tsp. salt

¼ tsp. baking soda
2 c. milk
½ c. water
Corn meal

Combine 3 cups flour, yeast, sugar, salt, and soda. Heat liquids until very warm (120° to 130°). Add dry ingredients. Beat well. Stir in enough more flour to make a stiff batter. Spoon into 2 (8 ½ x 4½ inch) pans that have been greased and sprinkled with corn meal. Sprinkle tops with corn meal. Cover; let rise in warm place for 45 minutes. Bake at 400° for 25 minutes. Remove immediately and cool. Slice and toast.

RHUBARB MUFFINS

Janet Charbonneau
Story County Extension

1¼ c. brown sugar, packed
½ c. oil
1 egg
2 tsp. vanilla
1 c. buttermilk
1½ c. finely chopped rhubarb
½ tsp. black walnut flavoring
2½ c. flour

1 tsp. baking soda
1 tsp. baking powder
1 tsp. salt (optional)
½ c. nuts
1 tsp. melted butter
⅓ c. sugar
1 tsp. cinnamon

Preheat oven to 350°. Mix brown sugar, oil, egg, vanilla, and buttermilk; beat well. Stir in rhubarb, flavoring, flour, soda, baking powder, salt, and nuts. Put mixture in 20 to 24 muffin tins. Mix butter, ⅓ cup sugar, and cinnamon. Press on top of muffin. Bake at 350° for 20 to 25 minutes.

WHOLE WHEAT ENGLISH MUFFINS

Veronica Johnson
Volunteer - Ames Public Library

2 pkg. dry yeast
2¾ to 3 c. flour
1½ c. whole wheat flour
¼ c. cracked wheat
¼ c. wheat germ
⅛ tsp. cardamon seed

⅛ tsp. ground mace
2 c. milk
½ c. shortening
2 Tbsp. sugar
2 tsp. salt
Corn meal

Combine yeast, flours, and wheat germ. Heat milk, shortening, sugar, and salt to lukewarm. Add dry mixture and spices. Beat for 3 minutes. Stir in enough flour to make moderately stiff dough. Knead on floured board until smooth and elastic. Place in greased bowl. Let rise to double in bulk

(1 to 1½ hours). Punch down; cover and let rise again for 20 to 30 minutes. On lightly floured surface, roll dough to ½ inch thickness. Cut with 8 inch round cutter. Dip in corn meal; set on cookie sheet for 30 minutes. Bake on ungreased skillet or griddle for 25 minutes. Turn frequently. Temperature should be low. Adjust heat so that muffins brown lightly in time allowed. Makes 12 muffins.

GRANDMA'S ROLLS

Jo Swanson
Loan Closet of Story County

2 Tbsp. yeast	⅔ c. corn oil
2 c. warm water	⅔ c. sugar
7 c. flour	1½ Tbsp. salt

Add yeast to the warm water and sprinkle with a tablespoon of sugar. Set aside for awhile until it gets bubbly, then combine it with the oil, sugar, and salt. Mix thoroughly. Add about 4 cups of the flour and mix until it is real smooth. Work in the last 3 cups of the flour and knead it for 3 to 5 minutes. Let it rise in a warm place until doubled. Form into buns or rolls and let it rise again. Bake for about 10 minutes at 400°.

OATMEAL BREAD OR ROLLS

Beth Williams
Nevada Library

3 c. boiling water	1 Tbsp. salt
1 heaping c. oatmeal	2 pkg. yeast
½ c. shortening	7 to 8 c. flour
⅓ c. molasses or honey (or brown sugar)	

In large bowl, pour boiling water over oatmeal, shortening, molasses, and salt. When lukewarm, add yeast. Let stand until bubbly. Add flour to make stiff dough. Knead well. Let rise until double. Punch down; repeat. Shape into loaves or rolls. Let rise until double. Bake at 350°.

60 MINUTE ROLLS

Pat Olinger
JC Penney

3½ to 4½ c. flour	1 c. milk
3 Tbsp. sugar	½ c. water
1 tsp. salt	¼ c. (½ stick) oleo
2 pkg. yeast	

Mix 1½ cups flour, sugar, salt, and undissolved yeast. Combine milk, water, and margarine in pan. Heat until very warm; add slowly to dry

ingredients. Beat for 2 minutes. Add rest of flour and beat. Set in hot water for 15 minutes. Make rolls and bake.

SHORT CAKE BISCUITS

Theresa Krebs
ISU

2 lb. cake flour	4 eggs
$\frac{1}{2}$ oz. salt	1 pt. milk
2 oz. baking powder	Strawberries
3 oz. powdered sugar	Whipped cream
$\frac{3}{4}$ lb. shortening or butter	Strawberries

Sift and blend together cake flour, salt, baking powder, and powdered sugar. Rub in shortening. Beat together eggs and milk; mix into dry ingredients. Bake at 400° for 10 minutes, or until golden brown. Makes 4 dozen.

When cool, split and fill with whipped cream. Top with fresh strawberries.

BLUEBERRY CRUNCH BREAKFAST BARS

The Dietary Technicians
Children Services of Central Iowa

$\frac{3}{4}$ c. margarine	2 Tbsp. baking powder
$1\frac{3}{4}$ c. sugar	$\frac{3}{4}$ tsp. salt
3 eggs	$1\frac{1}{2}$ c. milk
$4\frac{1}{2}$ c. flour	

Topping:

$3\frac{1}{8}$ c. frozen blueberries
 $2\frac{1}{2}$ c. cereal - sweetened
flakes, coarsely crushed

Cream margarine in mixer. Gradually beat in sugar. Beat in eggs. Combine flour, baking powder, and salt. At low speed, alternately beat in milk and flour mixture, adding $\frac{1}{4}$ of each at a time. Portion dough in greased and floured pan.

Topping; Combine frozen blueberries, cereal, and melted margarine; portion topping evenly over dough in pans.

Bake at 350° or until toothpick inserted near center of bars comes out clean. Let cool in pan for 10 to 15 minutes before cutting.

PIZZA CRUST

Donna Busch
Department of Correctional Services

1½ tsp. dry yeast

¾ c. warm water

Dissolve yeast in water.

Add:

1 Tbsp. sugar

1 Tbsp. cooking oil

Stir and set aside for 10 minutes. Measure 2 cups flour and blend in the yeast mixture. Place on lightly floured board and knead until soft dough forms (approximately 5 minutes). Place dough in lightly greased bowl; cover and let rise for 20 minutes, or until double in size.

Punch dough down and knead 5 to 10 strokes. Place dough on lightly greased pizza pan. Work dough to edges of pan, leaving a slight ridge at the edge. Cover and let pizza crust rest for 20 minutes. (During this time, prepare pizza toppings.)

Top pizza crust with prepared pizza sauce or combine 1 (8 ounce) can tomato sauce with ¼ teaspoon oregano, ¼ teaspoon basil, and ¼ teaspoon salt. Spread on crust.

Top with your favorite toppings and bake at 475° for 10 to 13 minutes, or until cheese is bubbly and lightly browned.

EASY KOLACHES

Jane Runneals
United Way

1 pkg. (3 loaves) frozen sweet bread dough (Rhodes preferable)

2 cans Solo fruit filling (any flavor)

Thaw dough overnight in refrigerator. Working with one loaf at a time, roll out dough on very lightly floured surface to about ¼ inch thickness. Cut into 3x3 inch squares. Put 1 teaspoon filling in center of dough. Join together opposite ends of the square and pinch tightly. Cover loosely with plastic wrap and let rise in a warm place until double in size. Bake at 350° until very lightly browned (10 to 15 minutes). Brush lightly with vegetable oil. These freeze well. Makes about 40.

BREAD FOR ALL REASONS

Mary Youngerman

7 to 8 c. flour (any kind)
1 c. powdered milk
3 pkg. yeast
1 Tbsp. salt

3 c. warm water (125°)
½ c. butter
½ c. honey

Use a very big bowl. Put in 2 cups flour, milk powder, yeast, and salt. Add warm water and beat until smooth. Add butter and honey. Beat again. Gradually add enough remaining flour to make a soft dough that feels good in your hands - soft, but not sticky. Kneading time should take 5 to 10 minutes. Place in greased bowl; turn. Cover and let rise until double. Punch down; divide into 3 equal parts. For 3 loaves - put in 3 greased loaf pans. After it doubles, bake for 35 minutes at 350° until golden. Loaves will sound hollow when thumped. Remove from pan; rub crust with butter.

For 36 rolls, form rolls; let rise to double and bake for 15 to 20 minutes at 350° on greased cookie pans. Rub tops with mixture of water and egg white before baking for glossy finish.

For English muffins, roll and cut with appropriate cutter. Spread greased, heated (325°) griddle with corn meal. Cook for 15 minutes per side (lower heat if necessary).

For doughnuts, roll and cut; fry in hot oil.

For 36 sweet rolls, roll each section; spread with butter or margarine. Sprinkle with cinnamon sugar. Roll, slice, and bake at 325° in greased 9x13 inch casserole dish (18 per dish).

For pizza: Roll or spread dough in pan; pierce with fork. Bake for 5 minutes at 450°. Spread with sauce, etc. Top with cheese; bake until golden.

Raisin Bread: Add appropriate amount of raisins (1 cup or more) with flour, yeast, and powder milk.

Onion Bread: Add 1 package dry onion soup mix.

Makes 36 hamburger buns. Cut, rise, and bake at 350° for 20 minutes.

GRANOLA BARS

Deb Galvin, Mary Youngerman
NHO Connections, Inc.

For Breakfast:

2 c. granola
2 eggs, beaten

Dash of vanilla

Combine all ingredients in greased 8 inch square pan. Bake at 350° for 15 minutes. Cut into 8 bars; serve warm with jam, honey, or peanut butter.

For Snacking:

1/2 c. light corn syrup
2/3 c. peanut butter

3 c. granola
1 grated carrot (optional)

In heavy saucepan, boil corn syrup for 1 minute only, stirring constantly. Remove from heat; stir in peanut butter. Stir in granola and carrot. Work fast; transfer to 9 inch greased pan. Spread; cool for 1 hour. Cut into bars.

HERB OIL

Deb Galvin, Mary Youngerman
NHO Connections, Inc.

1/2 tsp. dried savory
1/2 tsp. dried marjoram
1/2 tsp. dried basil
1/2 tsp. dried tarragon
1 Tbsp. minced fresh parsley

1 Tbsp. minced chives
1 clove garlic, crushed
1/4 tsp. paprika
1/4 c. organic flax oil

Pulverize the dried herbs by rubbing between palms of hands. Combine all ingredients. Store in a covered jar and keep in the refrigerator. Italian restaurants serve warm herb oil to dip bread into.

Note: Can also be served on fish, potatoes, and vegetables.

ALWAYS TIME FOR HOME BAKED BREAD

Mary Youngerman
Board Member - Story County Volunteer Center

5 c. biscuit mix
4 Tbsp. sugar
1/2 tsp. salt
2 c. warm milk

2 Tbsp. yeast (2 env.)
4 eggs
1/4 tsp. cream of tartar

Start with a very large bowl. Sift in biscuit mix, salt, and sugar. Soften yeast in warm (not hot) milk. Beat eggs with cream of tartar until thoroughly broken up. Combine milk and egg mixtures and pour into dry ingredients. Stir until well mixed. This is a heavy, sticky mixture. Cover; let rise. When double in bulk, stir down and fill oiled loaf pans halfway. Again double the size before baking at 350° for approximately 20 minutes. Serve very hot from oven or sliced and toasted the next days.

Desserts

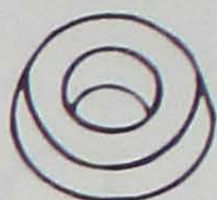
Common Baking Dishes and Pans



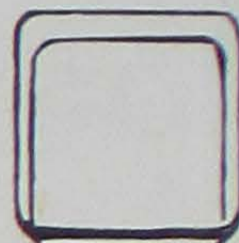
**Spring
Form Pan**



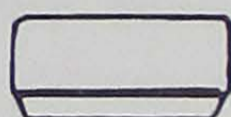
**Layer Cake
or Pie Pan**



Ring Mold



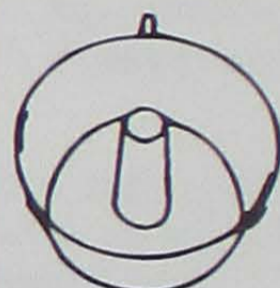
**Baking or
Square Pan**



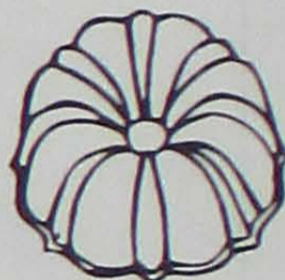
Loaf Pan



**Brioche
Pan**



**Angel Cake
Pan**



**Bundt
Tube**

Equivalent Dishes

4-CUP BAKING DISH

- = 9" pie plate
- = 8" x 1¹/₄" layer cake pan
- = 7³/₈" x 3⁵/₈" x 2¹/₄" loaf pan

6-CUP BAKING DISH

- = 8" or 9" x 1¹/₂" layer cake pan
- = 10" pie pan
- = 8¹/₂" x 3⁵/₈" x 2⁵/₈" loaf pan

8-CUP BAKING DISH

- = 8" x 8" x 2" square pan
- = 11" x 7" x 1¹/₂" baking pan
- = 9" x 5" x 3" loaf pan

10-CUP BAKING DISH

- = 9" x 9" x 2" square pan
- = 11³/₄" x 7¹/₂" x 1³/₄" baking pan
- = 15" x 10" x 1" flat jelly roll pan

12-CUP BAKING DISH OR MORE

- = 13¹/₂" x 8¹/₂" x 2" glass baking dish
- = 13" x 9" x 2" metal baking pan
- = 14" x 10¹/₂" x 2¹/₂" roasting pan

Total Volume of Pans

TUBE PANS

7 ¹ / ₂ " x 3" Bundt tube	6 cups
9" x 3 ¹ / ₂ " fancy or Bundt tube	9 cups
9" x 3 ¹ / ₂ " angel cake pan	12 cups
10" x 3 ³ / ₄ " Bundt tube	12 cups
9" x 3 ¹ / ₂ " fancy tube mold	12 cups
10" x 4" fancy tube mold	16 cups
10" x 4" angel cake pan	18 cups

SPRING FORM PANS

8" x 3" pan	12 cups
9" x 3" pan	16 cups

RING MOLDS

8 ¹ / ₂ " x 2 ¹ / ₄ " mold	4 ¹ / ₂ cups
9 ¹ / ₄ " x 2 ³ / ₄ " mold	8 cups

BRIOCHE PAN

9 ¹ / ₂ " x 3 ¹ / ₄ " pan	8 cups
---	--------

DESSERTS



CHOCOLATE CHIP PUDDING CAKE

Brenda Detar
City of Kelley

- | | |
|--|---------------------------------|
| 2 $\frac{1}{4}$ c. flour | 1 tsp. vanilla |
| 1 tsp. baking soda | 2 eggs |
| 1 c. butter | 1 (12 oz.) pkg. chocolate chips |
| $\frac{1}{4}$ c. sugar | 1 c. nuts |
| $\frac{3}{4}$ c. brown sugar | |
| 1 (4 serving) pkg. instant vanilla pudding | |

Mix ingredients together; spoon on ungreased pan. Bake at 375° for 8 to 10 minutes.

CHOCOLATE BALL COOKIES

Lacey Johnson
Ames Mighty Muskrats - 4-H

- | | |
|--------------------------------|-------------------------|
| $\frac{1}{2}$ c. vegetable oil | 2 c. flour |
| 4 sq. unsweetened chocolate | 2 tsp. baking powder |
| 2 c. sugar | $\frac{1}{2}$ tsp. salt |
| 4 eggs | 1 c. powdered sugar |
| 1 tsp. vanilla | |

Mix oil, chocolate, and sugar. Blend in eggs until well mixed. Add vanilla, flour, baking powder, and salt; mix well. Chill for several hours, or overnight. Heat oven to 350°. Drop teaspoon of dough; roll into balls. Roll balls in powdered sugar. Bake for 10 to 12 minutes. Do not overbake. Cool on rack.

CHRISTMAS - VALENTINE COOKIES

Carol Kisling
1430 KASI - 105 KCCQ Radio - Ames

- | | |
|---------------------------------|-------------------------|
| 2 c. flour | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ c. cornstarch | $\frac{1}{2}$ c. butter |
| $\frac{1}{2}$ c. powdered sugar | $\frac{1}{2}$ c. oleo |

Beat shortening until creamy. Work in mixture of dry ingredients. Pat to desired thickness, using powdered sugar instead of flour on counter. Cut and bake at 325° for 10 to 20 minutes on an ungreased cookie sheet.

SUGAR COOKIES

Ethan Whited
Ames Building Beavers 4-H Club

$\frac{1}{2}$ c. margarine
 $\frac{1}{2}$ c. shortening
1 c. sugar
1 c. powdered sugar
2 eggs
1 tsp. salt

1 tsp. vanilla
1 c. oil
4 c. plus 4 Tbsp. flour
1 tsp. baking soda
1 tsp. cream of tartar
Sugar

Blend margarine, shortening, sugar, and powdered sugar. Beat eggs, salt, and vanilla together. Add to shortening mixture, then add oil, flour, baking soda, and cream of tartar to shortening-sugar mixture. Chill; form into balls and roll in sugar. Place on a cookie sheet and press down with a glass dipped in sugar (dip glass in sugar after 1 or 2 balls). Bake at 350° for 7 to 8 minutes, or until done. Makes 6 dozen.

PEANUT BUTTER COOKIES

Cheryl Uhlmeier
In Honor of Viola Stacy

2 c. flour
1 tsp. salt
1 tsp. baking soda
2 tsp. cinnamon
1 c. butter or margarine

1 c. brown sugar
1 c. sugar
1 c. peanut butter
2 eggs
2 tsp. vanilla

Mix together flour, salt, soda, and cinnamon; set aside. In large mixing bowl, cream butter, brown sugar, sugar, peanut butter, egg, and vanilla. Blend in flour mixture. Drop by spoonfuls onto greased cookie sheet. Flatten with a fork, dipping fork in water to keep from sticking. Bake at 350° for 10 to 12 minutes.

CHOCOLATE COOKIES

Helen T. Jelmeland
Bethany Manor Employee

Add $\frac{1}{4}$ cup butter to 2 squares chocolate. Beat. Add 1 cup sugar. Beat. Add 2 eggs.

Add:

1 c. flour
1 tsp. baking powder

1 tsp. vanilla

Add 1 cup coconut or nuts. Chill; dip with teaspoon and roll in powdered sugar. Bake in 350° oven for 8 to 10 minutes. Do not overbake.

FILLED BAR COOKIES

Joyce Sievers
The Tribune

Crust:

$\frac{3}{4}$ c. soft shortening (part
butter)
1 c. brown sugar
 $1\frac{3}{4}$ c. flour

$\frac{1}{2}$ tsp. baking soda
1 tsp. salt
 $1\frac{1}{2}$ c. rolled oats

Filling:

$\frac{2}{3}$ of 8 oz. dates, cut into
pieces

$\frac{1}{3}$ c. sugar
 $\frac{1}{3}$ c. water

Crust: Mix shortening and brown sugar. Stir in flour, baking soda, and salt. Stir in rolled oats. Mix thoroughly. Place half of mixture in 9x13 inch pan. Spread with filling. Cover with remaining crumb mixture, patting lightly. Bake for 25 to 30 minutes at 400°.

Filling: Boil filling ingredients until thickened, stirring frequently. Cool. Stir in $1\frac{1}{3}$ tablespoons orange juice concentrate and $\frac{2}{3}$ cup apricot preserves. Spread on crust.

HALFWAY COOKIES

Marty Swanson
ISU Credit Union

1 c. shortening
 $\frac{1}{2}$ c. sugar
 $\frac{1}{2}$ c. brown sugar
2 eggs (yolks only - save
whites)

1 tsp. vanilla
1 Tbsp. cold water

Cream together preceding ingredients.

2 c. flour
 $\frac{1}{4}$ tsp. salt
1 tsp. baking powder

$\frac{1}{4}$ tsp. baking soda
1 pkg. chocolate chips

Add dry ingredients to creamed mixture. Spread into greased 9x13 inch pan. Sprinkle with chocolate chips. Beat egg whites stiff; add 1 cup brown sugar (gradually). Spread on top of chocolate chips. Bake at 375° for 25 minutes. Allow to cool before cutting.

SWEDISH KRINGLE RECIPE

Elizabeth Nelson
Ames Mighty Muskrats - 4-H Youth Volunteer

By Goldie Diehl.

Pastry Bottom:

1 c. flour
1/2 c. butter or margarine

1 Tbsp. water

Filling:

1 c. water
1/2 c. butter or margarine
1 c. flour

3 eggs
1/2 tsp. almond flavoring

Icing:

1 c. powdered sugar
1 Tbsp. butter or margarine

1/2 tsp. almond flavoring

Mix flour, butter, and water like a pie crust. Pat on baking sheet into 2 long strips about 3 inches wide. Heat water and butter to boiling. Add flour as you remove from heat and stir till smooth. Stir in eggs, one at a time, beating after each. Add flavoring; spread over pastry. Bake at 325° for 55 to 60 minutes. When cool, frost. Add cream or milk to spread icing. Cover loosely at room temperature.

BROWN SUGAR SHORTBREAD

Stephanie Nelson
Ames Mighty Muskrats - 4-H Youth

1 c. butter or margarine
3/4 c. brown sugar

2 1/4 c. unsifted flour

Cream butter and sugar thoroughly. Add unsifted flour. Beat at low speed until combined and well mixed. Form 1 inch balls. Place 2 inches apart on ungreased cookie sheet. Stamp with cookie stamp and bake at 325° for 10 to 12 minutes.

Hint: Put cooking oil on your cookie stamps to keep dough from sticking, but don't use butter to do! Keep stamps warm while in use (avoids sticking). Clean stamps when done.

RUSKAS

Arlene Lande
Heartland Senior Citizens

1 stick margarine
1/2 c. sugar
1 c. whole wheat flour
1 c. white flour
3/4 c. buttermilk

1 tsp. soda
1/2 tsp. caraway seeds
1/2 tsp. cream of tartar
2 tsp. baking powder

Roll out like thick cookies. Cut with cookie cutter. Bake at 400° for 12 minutes. Split while warm. Return to oven. Bake at 250° until toasted.

NO BAKE COOKIES

Lacey Johnson

Ames Mighty Muskrats - 4-H

2 c. sugar
1/2 tsp. salt
1/4 c. cocoa
1/2 stick oleo or butter
1/2 c. milk

2 c. Minute oats
1/2 c. peanut butter
1 tsp. vanilla
1/2 c. coconut

Mix sugar, salt, and cocoa in saucepan. Add butter and milk. Bring to a boil. Boil for 1 minute and 30 seconds. Remove from heat and add remaining ingredients. Mix well. Drop by spoonfuls on wax paper.

CASHEW CREAM COOKIES

Thelma Hubbard

Ames Public Library

1/2 c. butter
1 c. brown sugar, packed
1 egg
1/2 tsp. vanilla
2 c. sifted flour
3/4 tsp. baking powder
3/4 tsp. baking soda

1/4 tsp. salt
1/3 c. sour cream
1 1/2 c. salted cashew nuts,
chopped
Extra cashew halves for garnish
(if desired)

Cream butter and brown sugar. Beat in egg and vanilla. Add sifted dry ingredients alternately with sour cream. Mix well. Fold in nuts. Drop by teaspoons onto greased cookie sheets. Bake at 400°F. for 6 to 10 minutes until golden brown. Cool.

Frost with Golden Butter Frosting:

1/2 c. butter
3 Tbsp. coffee cream

1/4 tsp. vanilla
2 c. sifted powdered sugar

Brown butter lightly; remove from heat. Add cream and vanilla; beat until smooth. Top each with half a cashew if desired.

CHOCOLATE CHIP PUDDING COOKIES

Miranda Blanchard

Nevada Invaders 4-H Club

2 1/4 c. flour
1 tsp. baking soda
1 c. shortening
3/4 c. brown sugar
1/4 c. sugar

1 (3 oz.) pkg. instant chocolate
pudding
1 tsp. vanilla
2 eggs
1 (12 oz.) pkg. chocolate chips

Mix shortening, sugars, pudding mix, and vanilla. Beat until smooth. Beat in eggs. Add flour and baking soda gradually. Stir in chocolate chips. Batter will be stiff. Drop by tablespoon on ungreased baking sheet. Bake at 375° for 8 to 10 minutes.

VERY QUICK LEMON SUGAR COOKIES

Marlys E. Ladd
Volunteer Ames Public Library

2 eggs	3/4 tsp. lemon extract
2/3 c. salad oil	3/4 c. sugar
3/4 tsp. vanilla	2 c. flour
1 tsp. grated lemon rind	2 tsp. baking powder

Beat eggs with a fork to blend. Stir in oil and flavorings. Blend in sugar, beating with a fork until mixture thickens. Mix together flour and baking powder and stir into egg mixture. Drop dough from a teaspoon onto ungreased cookie sheet. Flatten each cookie with bottom of glass that has been buttered and dipped in sugar. Bake at 400° for about 10 minutes. Do not overbake! Yield: 2 cookie sheets.

Note: Egg whites can be used, color is better with whole eggs. Lemon rind available at Wheatfields in Ames.

PUMPKIN BUTTER COOKIES

Cooking Club
Story Co. Hospital Long Term Care

1 c. butter	1/2 tsp. soda
3/4 c. sugar	1/2 tsp. salt
1 c. cooked pumpkin	1 tsp. cinnamon
1 egg or 2 egg whites	1/2 tsp. allspice
1 tsp. vanilla	1 c. chopped nuts (optional)
2 c. sifted flour	1 c. raisins (optional)
1 tsp. baking powder	

Cream together butter and sugar. Add pumpkin, egg, and vanilla; mix well. Sift together flour, baking powder, soda, salt, cinnamon, and allspice. Add to pumpkin mixture. Stir in nuts and raisins. Drop cookies onto a well greased cookie sheet. Bake for 15 minutes at 375°.

SNOW BALLS

Mrs. Mildred (Tommy) Cooper

1/4 c. honey	1/2 tsp. salt
1 c. butter or margarine	1 c. finely chopped nutmeats
2 c. flour	

Cream honey and butter. Add flour, salt, and nutmeats. Roll into small balls; flatten top slightly. Bake for 20 minutes in 300° oven. Roll in powdered sugar while warm.

100 SUGAR COOKIES

Phyllis Buhl
Heartland Senior Services

- | | |
|----------------|-------------------------|
| 1 c. oleo | 1 tsp. butter flavoring |
| 1 c. oil | 5 c. flour |
| 2 c. sugar | 2 tsp. soda |
| 2 eggs | 2 tsp. cream of tartar |
| 1 tsp. vanilla | $\frac{3}{4}$ tsp. salt |

Cream together oleo, oil, sugar, eggs, vanilla, and butter flavoring. Add the rest of the ingredients. Chill for 1 hour. Roll in balls; press with glass dipped in sugar. Bake at 350° for 8 minutes.

BIG SOFT SOUR CREAM COOKIES

Diane Bramble

- | | |
|-----------------|---------------------------------|
| 2 c. sugar | 4 $\frac{1}{2}$ c. sifted flour |
| 1 c. shortening | $\frac{1}{2}$ tsp. soda |
| 2 eggs | 4 tsp. baking powder |
| 1 tsp. vanilla | $\frac{1}{4}$ tsp. salt |
| 1 c. sour cream | |

Cream sugar, shortening, eggs, and vanilla. Add sour cream. Sift together and add flour, soda, baking powder, and salt. Roll out dough and cut with cookie cutters. Bake for 15 minutes at 350°. Frost with Wilton Buttercream Frosting.

NO BAKE MACAROONS

Miranda Blanchard
Nevada Invaders - 4-H Club

- | | |
|-----------------------|----------------------------------|
| 2 c. sugar | 3 c. quick cooking oatmeal |
| $\frac{1}{2}$ c. oleo | 1 c. coconut |
| $\frac{1}{2}$ c. milk | 6 Tbsp. cocoa |
| 1 tsp. vanilla | $\frac{1}{2}$ c. chopped walnuts |

Mix sugar, oleo, and milk together. Boil for 1 minute. Add vanilla. In large mixing bowl, add oatmeal, coconut, and cocoa. Pour boiling mixture over the dry ingredients. Add chopped nuts. Mix together. Drop by teaspoon on waxed paper. Allow to cool and set.

PINEAPPLE DROP COOKIES

Erma Beran
Bethany Manor Volunteer

- | | |
|-----------------------------|------------------------------------|
| 1 c. shortening | 1/2 tsp. baking soda |
| 1 c. brown sugar | 1/2 tsp. salt |
| 1 tsp. vanilla | 1/2 c. crushed, drained |
| 1 egg | pineapple |
| 3/4 c. raisins | 2 c. flour (may add more or |
| 1 tsp. baking powder | less) |

Mix in order given. Bake in 350° oven for 10 to 12 minutes.

Frost with powdered sugar flavored with pineapple juice.

RAISIN OATMEAL COOKIES

MaryAnne Beno
The Tribune

- | | |
|-----------------------|-----------------------------|
| 1 c. raisins | 2 c. flour |
| 1 c. water | 3/4 tsp. baking soda |
| 1 c. margarine | 1/2 tsp. salt |
| 1 c. sugar | 1 1/2 c. oatmeal |
| 2 eggs | 1 tsp. vanilla |

Cook the raisins in 1 cup water until about 5 tablespoons of water is left. Drain. Reserve liquid. Cream shortening, sugar, and eggs. Stir in the cooled raisins, liquid, and vanilla. Sift together and stir in flour, baking soda, and salt. Stir in the oatmeal. Drop by teaspoonful on greased cookie sheet. Bake at 375° for 10 to 12 minutes.

FAVORITE SUGAR COOKIES

Anne Ahrens
Volunteer Center of Story County

Cookies:

- | | |
|----------------------------------|-----------------------------------|
| 1 c. butter or margarine, | 1 1/2 tsp. vanilla extract |
| softened | 2 1/2 c. flour |
| 1 c. confectioners sugar | 1 tsp. salt |
| 1 egg, well beaten | |

Frosting:

- | | |
|-------------------------------------|--------------------------|
| 3 c. confectioners sugar | 1 tsp. vanilla |
| 6 Tbsp. butter or margarine, | 2 to 4 Tbsp. milk |
| softened | |

In mixing bowl, cream butter and sugar. Add egg and extracts. Beat until light and fluffy. Combine flour and salt. Add to creamed mixture and mix well. Chill for 1 to 2 hours. On a lightly floured surface, roll dough

to $\frac{1}{8}$ inch thick. Cut with cookie cutters. Place on greased baking sheets and bake at 375° for 7 to 9 minutes.

BRYCE'S VERY CHOCOLATE CUPCAKES

Bryce Sly-Terpstra

Iowa State Fair - Blue Ribbon

Filling:

- | | |
|---|-----------|
| 1 (3.4 oz.) box Jell-O Cook and Serve chocolate pudding | 2 c. milk |
|---|-----------|

Frosting:

- | | |
|--------------------------------------|-----------------------|
| $2\frac{1}{2}$ c. powdered sugar | 3 Tbsp. boiling water |
| $\frac{1}{4}$ c. cocoa | 1 tsp. vanilla |
| $\frac{1}{4}$ c. margarine or butter | |

Cupcakes:

- | | |
|--------------------|----------------------|
| 3 c. flour | $\frac{3}{4}$ c. oil |
| 2 tsp. baking soda | 2 tsp. vanilla |
| 6 Tbsp. cocoa | 2 Tbsp. vinegar |
| 1 tsp. salt | 2 c. water |
| 2 c. sugar | |

Stir pudding mix into milk with wire whisk in saucepan. Stir constantly on medium heat until mixture comes to full boil. Put in refrigerator. Stir once after 5 minutes. Let cool completely.

To make cupcakes, sift together flour, baking soda, cocoa, salt, and sugar. Make 3 holes in flour mixture. Pour oil in one, vanilla in another, and vinegar in the last one. Pour cold water over all and mix well. Pour in cupcake tins lined with paper baking cups. Fill about $\frac{3}{4}$ full. Bake at 350° for 15 to 20 minutes. Makes 24 cupcakes.

To make frosting, mix powdered sugar and cocoa. Add margarine and boiling water. Beat with electric mixer on low until combined. Beat for 1 minute more on medium. Cool in refrigerator for 20 to 30 minutes.

To assemble cupcakes, after cupcakes and frosting are cooked, hollow out hole in middle of cupcake. Save the crusty "lid." Fill each hollow with pudding. Put "lid" back on. Frost cupcake. Sprinkle with mini chocolate morsels and chocolate sprinkles.

APPLE CAKE

Patty Whiteford
Ames, IA

4 c. peeled, chopped apples
1½ c. sugar
½ c. oil
2 eggs, well beaten
2 tsp. vanilla

2 c. flour
2 tsp. baking soda
1 tsp. salt
2 tsp. cinnamon
1 c. nuts

Glaze:

½ c. sugar
1 tsp. vanilla
Dash of salt

2 Tbsp. margarine
¼ c. canned or regular milk

Combine apples with sugar. Let stand for 3 hours or overnight. Do not use mixer to mix this cake. Add oil, eggs, and vanilla together. Sift together flour, baking soda, salt, and cinnamon. Mix all together with everything, including apples. Add nuts. Pour in greased and floured 9x13 inch pan. Bake at 350° for 35 to 40 minutes.

To make glaze: Combine sugar, vanilla, salt, margarine or butter, and milk. Boil for 2 minutes. Beat until creamy and spread on warm cake.

CHOCOLATE TURTLE CAKE

Linda Haglund
Anthropology Dept., ISU

1 German chocolate cake mix
1 (14 oz.) bag caramels
1 c. chocolate chips

1 c. chopped pecans
½ c. margarine
½ c. evaporated milk

Make cake according to directions. Pour ½ butter in greased 9x13 inch pan. Bake for 15 minutes. While baking, add butter and milk to caramels and melt. Remove cake from oven and pour caramel mixture over cake. Sprinkle with chocolate chips and pecans. Spread rest of batter carefully over top. Bake for another 20 minutes. Cool completely before cutting.

APPLESAUCE CAKE

Mrs. Mildred ("Tommy") Cooper
Ames, IA

½ c. oleo
1 c. sugar
2 beaten eggs
½ c. nuts
1 c. raisins

2 c. flour
1 tsp. baking soda
½ tsp. nutmeg
1 tsp. cinnamon
1 c. applesauce

Cream shortening and sugar; add beaten eggs. Heat raisins in water to cover in microwave. Cool. Drain. Mix dry ingredients. Alternate dry mix and applesauce until well mixed. Add nuts and raisins. Bake for 25 to 30 minutes in 9x13 inch pan, greased and floured.

CHOCOLATE ECLAIR CAKE

Valerie Thompson

- | | |
|---|--------------------------------------|
| 1 box (3 pkg.) graham crackers | 3 c. milk |
| 2 small boxes French vanilla instant pudding | 1 (8 oz.) Cool Whip |
| | 1 can milk chocolate frosting |

Mix pudding and milk. Fold in Cool Whip. Spray 9x13 inch pan with nonstick cooking spray. Put down 1 layer of graham crackers. Pour $\frac{1}{2}$ pudding mix over top. Repeat layers, ending with crackers on top. Frost. Refrigerate overnight.

BLACK FOREST CAKE

Betsy Nelson
Gilbert Jr-Sr High School

- | | |
|--|------------------------------|
| 1 pkg. fudge cake mix | 1 tsp. almond extract |
| 1 (21 oz.) can cherry pie filling | 2 eggs, beaten |

Frosting:

- | | |
|--------------------------|---|
| 1 c. sugar | $\frac{1}{2}$ c. milk |
| 5 Tbsp. margarine | 1 (6 oz.) chocolate chips |

Preheat oven to 350°. Grease and flour 9x13 inch pan. In large bowl, mix first 4 ingredients. Stir by hand until well mixed. Pour into prepared pan and bake for 30 minutes.

Frosting: In small saucepan, combine sugar, margarine, and milk. Boil, stirring constantly, for 1 minute. Remove from heat; stir in chocolate chips until smooth. Pour over cake. Cool.

TARTSWEET RHUBARB CAKE

Shelley Goecke
North Grand Mall

- | | |
|-----------------------------|-----------------------------|
| 1 yellow cake mix | 1 c. sugar |
| 5 c. chopped rhubarb | 1 pt. whipping cream |

Prepare cake mix as directed. Mix together cake mix and rhubarb; pour into 9x13 inch pan. Sprinkle with 1 cup of sugar. Gently pour 1 pint whipping cream over the sugar. Bake at 350° for 60 minutes, or until done.

PEACH DESSERT-COFFEE CAKE

Tami Fitzgerald
Homeward

1 large can peaches
1 stick margarine

1 box butter brickle cake mix

Pour peaches (undrained) into 8x8 inch cake pan. Sprinkle entire dry cake mix over peaches. Slice stick of butter over top. Bake for 1 hour at 350°.

RHUBARB CAKE

Dona Cowman
Firststar Bank

1½ c. brown sugar
½ c. shortening
2 eggs, beaten
1 c. sour milk
1 tsp. soda

¼ tsp. salt
2 c. flour
1½ c. rhubarb, cut fine
1 tsp. vanilla

Topping:

¾ c. sugar
1 Tbsp. flour
2 Tbsp. butter

1 tsp. cinnamon
½ c. nuts

Cream shortening and brown sugar; add rest of ingredients except for rhubarb. Mix together. Fold in rhubarb. Prepare topping by mixing ingredients together. Sprinkle topping on cake before baking. Pour cake batter into greased and floured 9x13 inch pan. Sprinkle on topping. Bake at 350° for 40 minutes.

BLACK FOREST FLAN CAKE

Melissa Haberer
Story Co. Dept. of Human Services

1 (9 oz.) pkg. devils food cake mix
1 (21 oz.) can cherry pie filling

¼ tsp. almond extract
2 c. thawed, frozen whipped topping

Lightly spray flan pan with vegetable oil spray. Place 1 parchment paper circle on bottom of pan. Prepare cake mix according to package. Pour into prepared pan. Bake for 20 to 25 minutes. Cool in pan for 10 minutes. Loosen cake from edge of pan; turn out onto serving plate. Cool completely. Combine cherry pie filling and almond extract. Pour onto cake. Decorate with whipped topping. Makes 8 servings.

MOTHERS' OATMEAL CAKE

Pat Fawcett
Homeward

1 c. quick cooking oats
1¼ c. boiling water
½ c. shortening
1 c. white sugar
1 c. brown sugar
2 eggs

1 tsp. soda
1 tsp. cinnamon
1 tsp. vanilla
½ tsp. salt
1⅓ c. flour

Mix oats and boiling water together and set aside to cool. Cream shortening and sugar; add eggs and beat. Add flour and oatmeal mixture. Mix well and pour into 9x13 inch pan. Bake at 350° for 30 minutes.

Icing: Cream together ¾ stick oleo and 1 cup brown sugar with mixer. Add 1 cup chopped pecans, 1 can Angel Flake coconut, and 5 teaspoons milk. Spread on cake and put under broiler for 2 to 3 minutes.

APPLE CAKE

Deborah Blaedel

2 c. sugar
3 eggs
1½ c. oil
3 c. flour
3 c. sour apples, peeled and
diced

1 c. chopped pecans
1 tsp. salt
1 tsp. soda
1 tsp. cinnamon
1 tsp. vanilla

Glaze:

½ stick butter
¾ c. brown sugar

3 Tbsp. cream or milk

Cream oil and sugar; add eggs and vanilla. Mix all dry ingredients and add to mixture. Blend well. Stir in apples and nuts. Bake in greased Bundt pan at 300° for 1 hour and 30 minutes. Cool for 30 minutes before removing from pan. Mix glaze ingredients and bring to boil; boil for 1 minute. Drizzle over cake.

PINEAPPLE CAKE

Marion Willoughby
Heartland Sr. Center - Ames

2 eggs
2 c. white sugar
2 c. white flour
1 tsp. soda

1 (20 oz.) can crushed
pineapple
1 tsp. vanilla
1 c. chopped nuts

Beat eggs well; add sugar. Beat well; add flour and mix well. Add can of pineapple (crushed), vanilla, and nuts. Mix. Pour into greased and floured 9x13 inch pan. Bake at 350° for 48 minutes, or until toothpick comes out clean.

Frosting:

1/2 stick oleo
1 (8 oz.) cream cheese

1 3/4 c. powdered sugar
1 c. chopped nuts

Mix; spread on cooled cake.

MANDARIN ORANGE CAKE

Megan Whited
Ames Mighty Muskrats - 4-H Club

1 pkg. yellow cake mix
2/3 c. oil
2 eggs

1 can mandarin oranges (juice and all)

Frosting:

1 (8 1/2 oz.) can crushed pineapple

8 oz. whipped topping
1 pkg. instant vanilla pudding

Mix cake mix, oil, and eggs together. Fold in oranges, juice and all. Flour and grease 13x9 inch pan. Bake at 350° for 35 to 40 minutes, or until cake tests done.

Mix pudding with pineapple and pineapple juice; let set for 10 minutes. Add whipped topping and spread on cake. Keep refrigerated.

ORANGE PINEAPPLE CAKE

Beth Wunder
Collegiate Presbyterian Church

Cake:

1 box yellow cake mix
3 eggs
1/2 c. oil

1 (11 oz.) can mandarin oranges (and juice)

Frosting:

1 large can crushed pineapple (plus juice)
1 small box instant coconut cream pudding mix

1/2 tsp. vanilla
1 (8 oz.) ctn. whipped topping

Cake: Mix together well and bake in 9x13 inch pan at 325° for 35 minutes.

Frosting: Mix pineapple, pudding mix (dry), and vanilla together well. Fold in whipped topping. Refrigerate until time to serve.

CHOCOLATE UPSIDE DOWN CAKE

Susan L. VandeKamp
Story County Recorder

2 c. flour	2 tsp. vanilla
1½ c. sugar	4 Tbsp. cocoa
4 tsp. baking powder	2 c. sugar
½ tsp. salt	4 Tbsp. cocoa
1 c. milk	1½ c. boiling water
½ stick oleo, melted	

Sift together flour, sugar, baking powder, and salt. Mix in milk, oleo, vanilla, and cocoa. Pour in greased 9x13 inch pan. Pour boiling water over sugar and cocoa mix; pour over batter. Bake at 350° for 40 minutes.

ITALIAN CREAM CAKE

Charene Starcevic
Volunteer Center of Story County

1 stick margarine	1 tsp. soda
½ c. vegetable shortening	1 c. buttermilk
2 c. sugar	1 tsp. vanilla
5 eggs, separated	1 small can flaked coconut
2 c. flour	1 c. pecans

Cream margarine and shortening together. Add sugar and beat until smooth. Add egg yolks and beat well. Combine and add flour and soda to creamed mixture alternately with buttermilk. Add vanilla, coconut, and pecans. Beat egg whites stiff; fold into mixture. Pour into layered pans (8 inch floured and greased). Bake at 350° for 25 minutes. Cook and remove from pans.

Cream Cheese Frosting: Beat 8 ounces soft cream cheese and ½ stick margarine together until smooth. Add 1 pound confectioners sugar and mix well. Add 1 teaspoon vanilla and beat until smooth. Spread on cake and sprinkle more pecans on the frosting.

3 STEP CARAMEL PECAN CHEESE CAKE

Mark Soenksen
Target

2 (8 oz.) pkg. cream cheese,
softened
 $\frac{1}{2}$ c. sugar
 $\frac{1}{2}$ tsp. vanilla
2 eggs

20 Kraft caramels
2 Tbsp. milk
1 (9 oz.) graham cracker crust
 $\frac{1}{2}$ c. chopped pecans

Mix cream cheese, sugar, and vanilla; add eggs. Set aside. Melt caramels with milk in saucepan on low heat, stirring frequently until smooth. Stir in over bottom of crumb crust. Pour cream cheese batter over caramel mixture. Bake at 350°F. for 40 minutes, or until center is almost set. Cool; chill for at least 3 hours. Garnish as desired.

Note: May also use Neufchatel cheese.

RUSSIAN TEA CAKES

Joyce Sievers
The Tribune

1 c. butter
 $\frac{1}{2}$ c. powdered sugar
1 tsp. vanilla

$2\frac{1}{4}$ c. flour
 $\frac{1}{4}$ tsp. salt
 $\frac{3}{4}$ c. nuts, finely chopped

Mix butter, powdered sugar, and vanilla. Add flour and salt. Add the finely chopped nuts. Roll in a ball. Bake at 400° for 10 to 12 minutes. While warm, roll in powdered sugar. When cool, roll again.

CINNAMON-APPLE CAKE WITH CARAMEL SAUCE

Jane Runneals
United Way

$1\frac{3}{4}$ c. sugar, divided
 $\frac{1}{2}$ c. soft stick margarine
1 tsp. vanilla extract
6 oz. block style fat-free cream
cheese, softened
2 large eggs

$1\frac{1}{2}$ c. all-purpose flour
 $1\frac{1}{2}$ tsp. baking powder
 $\frac{1}{4}$ tsp. salt
2 tsp. ground cinnamon
3 c. chopped and peeled Rome
apple

Sauce - cook until blended and serve warm over cake:

$\frac{1}{4}$ c. butter
 $\frac{1}{2}$ c. white sugar

$\frac{1}{2}$ c. brown sugar
 $\frac{1}{2}$ c. cream or evaporated milk

Preheat oven to 350°. Beat $1\frac{1}{2}$ cups sugar, margarine, vanilla, and cream cheese at medium speed with mixer until well blended (about 4 minutes). Add eggs, one at a time, beating well after each addition. Combine flour, baking powder, and salt. Add flour mixture to creamed mixture,

beating at low speed until blended. Combine $\frac{1}{4}$ cup sugar and cinnamon. Combine 2 tablespoons cinnamon mixture and apple in bowl. Stir apple into batter. Pour batter into 8 inch spring form pan coated with cooking spray. Sprinkle with remaining cinnamon mixture. Bake for 1 hour and 15 minutes, or until cake pulls away from sides of pan. Cool completely on wire rack and cut with serrated knife. Serve with warm caramel sauce if desired.

Note: Can bake in 9 inch square cake pan, but reduce cooking time 5 minutes.

RED CAKE AND ICING

Barbara Munson
Ames Public Library

Cake:

$\frac{1}{2}$ c. shortening
 $1\frac{1}{2}$ c. granulated sugar
2 unbeaten eggs
2 oz. red food coloring
2 tsp. cocoa
1 tsp. baking soda

1 Tbsp. vinegar
 $2\frac{1}{2}$ c. cake flour
1 tsp. salt
1 c. buttermilk
1 Tbsp. vanilla

Icing:

1 c. milk
6 Tbsp. flour

1 c. butter
1 c. sugar

Cream shortening and sugar together. Add 2 unbeaten eggs. Mix red food coloring with 2 level teaspoons cocoa. Mix 1 teaspoon baking soda with 1 tablespoon vinegar. Add alternately to sugar-shortening mixture, then mix in flour, salt, buttermilk, and vanilla. Add coloring mixture plus soda-vinegar; mix well. Makes 2 (9 inch) layers. Bake for 30 minutes at 350° . Cool thoroughly. Split layers, making 4 thin layers if desired.

Icing: Cook 1 cup milk and 6 level tablespoons flour until thick and cool. Cream butter and sugar until fluffy. Add the cooled, cooked mixture. Beat for about 15 minutes in small mixer bowl until icing is light and of spreading consistency. Spread between split layers and on top of cake and sides.

LEMON REFRIGERATOR CAKE

Claudia Pauk
Iowa Farm Business Association

1 can condensed milk
 $\frac{1}{4}$ c. lemon juice
1 box lemon cake mix (no pudding)

8 oz. Cool Whip

Bake cake, following directions, then cool. Mix Eagle Brand condensed milk and lemon juice until smooth. Spread over cooled cake. Spread Cool Whip over top. Refrigerate. Keeps well.

BETTER THAN SEX CAKE

Angela Peel
Brauns Fashions

1 pkg. German chocolate cake
 $\frac{3}{4}$ jar butterscotch caramel
fudge topping
1 container Cool Whip
1 small can sweetened
condensed milk

1 large Symphony candy bar
with almonds and toffee,
chopped

Bake cake as directed for a 13x9 inch pan. Let cool for 15 to 20 minutes. With wooden spoon, poke holes all over cake, then pour sweetened condensed milk, filling holes as you go, then pour $\frac{3}{4}$ jar of topping on cake. Let cool for 15 minutes, then put Cool Whip on top. Sprinkle candy bar on top. Refrigerate.

LEMON CAKE

Carol Neumann
Camp Fire for Boys and Girls

1 pkg. lemon cake mix (may
use yellow cake mix)
1 (3 oz.) pkg. lemon Jell-O

4 eggs
 $\frac{1}{2}$ c. oil
1 c. water

Glaze:

$\frac{1}{2}$ c. lemon juice

2 c. powdered sugar

Add Jell-O to cake mix; add eggs, water, and oil. Mix well. Pour into cake pan (9x13 inches). Bake in 350° oven for 35 to 40 minutes. After baking, prick with fork. Mix together the lemon juice and powdered sugar; pour over cake.

COCONUT CAKE

Carol Neumann
Story County Volunteer Center

1 box white cake mix
1 can Eagle Brand sweetened
condensed milk
 $\frac{1}{2}$ can cream of coconut (this
can be found in liquor
section of grocery store)

8 oz. Cool Whip
Coconut

Bake white cake according to directions on box. While warm, poke holes in cake with a fork. Mix together Eagle Brand milk and cream of coconut; pour over cake. Let cool. Frost with Cool Whip and sprinkle with coconut. Refrigerate until ready to serve.

CHOCOLATE CAKE

Karen McCoy
Ames Public Library

1 stick oleo	$\frac{1}{4}$ c. cocoa
$\frac{1}{2}$ c. Crisco oil	2 eggs, beaten
1 c. water	$1\frac{1}{2}$ tsp. baking soda, dissolved in $\frac{1}{2}$ c. buttermilk
2 c. sugar	1 tsp. vanilla
2 c. flour	

Frosting:

6 Tbsp. butter	6 Tbsp. milk
1 c. sugar	1 c. chocolate chips

Bring oleo, oil, and water to a boil; add sugar, flour, and cocoa. Stir until well blended. Add the beaten egg, baking soda dissolved in buttermilk, and vanilla. Stir until well blended. Pour into a jelly roll pan (or in Bundt pan). Bake at 350° for 20 minutes, or until cake tests done.

Frosting: Bring butter, sugar, and milk to a boil; boil for 1 minute. Remove from heat and add 1 cup of chocolate chips. Beat until it feels thick enough to spread. Don't overheat. It will have a thin consistency, but will set.

TURTLE CHEESE CAKE

Terry Lowman
Lucullan's

Crumb Mixture:

10 oz. chocolate cookie crumbs	$\frac{1}{2}$ c. melted butter
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Cheese Cake:

2 lb. cream cheese	$1\frac{1}{2}$ oz. Meyers rum
2 c. sour cream	$\frac{1}{2}$ c. whipping cream
3 Tbsp. flour	$\frac{1}{2}$ c. soft butter
3 Tbsp. cornstarch	1 c. chocolate chips
$1\frac{1}{2}$ c. sugar	2 c. chopped pecans
4 eggs	

Line 1 (10 inch) cake pan with crumb mixture. Mix dry ingredients together (cream cheese, sour cream, flour, cornstarch, and sugar). Mix the next 4 ingredients together into dry ingredients mixture (egg, rum,

whipping cream, and softened butter). Pour $\frac{2}{3}$ of batter into cake pan. Leave $\frac{1}{3}$ in mixing bowl and add chocolate chips that were melted 45 seconds in microwave. Swirl chocolate batter into cakes. Sprinkle with chopped pecans (1 cup per cheese cake). Bake for 1 hour at 325°; turn off oven and bake for 2 more hours.

Turtle Cheese Cake Caramel Topping:

2 c. sugar	1½ c. corn syrup
2 c. whipping cream	1 tsp. vanilla
½ lb. butter	

Cook ingredients. Stir until caramel gets to 237°. Remove from heat and add vanilla. Pour over cooled cheese cake.

WALNUT CAKE - TORTA DI NOCI

Jennifer Harris
ISU - Class of 1998

1 stick butter	Peel of 1 lemon, grated
$\frac{2}{3}$ c. granulated sugar	1½ tsp. baking powder
1 egg	½ lb. walnuts, chopped fine
2 Tbsp. rum	1 c. flour

Use 8 or 9 inch cake pan. Preheat oven to 350°. Set aside 1 tablespoon of butter for greasing the pan. Put rest of butter in bowl and mash it with a wooden spoon till creamy. Add sugar, little bit at a time. Mix well. Add egg, rum, lemon peel, and baking powder. Mix thoroughly well. Add chopped walnuts, little at a time. Add the flour, shaking it through a wire strainer, mixing it uniformly with other ingredients. Will have a well blended, dense batter. Grease the pan. Sprinkle with flour and spread the batter, pressing it down and leveling it off with spatula. Bake for 45 minutes to 1 hour. Loosen sides of cake while still warm and invert it on a plate.

PINEAPPLE SHEET CAKE

Artie Graham
Volunteer - Ames Public Library

Cake:

2 eggs	2 c. flour
1 (20 oz.) can crushed pineapple (juice and fruit)	2 c. sugar
2 tsp. vanilla	2 tsp. baking soda

Frosting:

1 stick margarine (or butter)	1 c. flaked coconut
½ c. evaporated milk	1 c. chopped pecans
½ c. sugar	

Cake: In large bowl, beat 2 eggs, then add other ingredients listed under cake. Pour into 15½ x 10½ x 2 inch jelly roll pan. Bake at 350° for 30 to 35 minutes.

Frosting: Combine first 3 ingredients and bring to a boil; boil for 5 minutes. Remove from fire and add the coconut and pecans. Beat until thick and spread on cake.

CHEESECAKE

Representative Teresa Garman

2 (8 oz.) cream cheese
1 c. sugar
4 eggs

8 oz. sour cream
2 Tbsp. sugar
1 Tbsp. vanilla

Beat cream cheese with sugar. Add eggs, one at a time. Pour into 9 inch round Pyrex dish. Bake at 350° for 35 to 40 minutes. Mix sour cream, sugar, and vanilla. Spread over top. Return to oven for 5 minutes.

WHOLE WHEAT APPLESAUCE CAKE

Barb Gauger
Mary Greeley Medical Center

½ c. oil
¾ c. brown sugar
1 c. applesauce
1 c. unsifted whole wheat flour

½ c. bran
1 tsp. baking soda
1 tsp. cinnamon

Oil and flour an 8 inch round or square pan or muffin tins. Cream the oil and sugar together, then mix in applesauce and baking soda. Add flour and cinnamon. Blend thoroughly. Pour batter into pan or muffin tins. Bake at 350° for 30 minutes for cake or 20 minutes for muffins. Will make 12 muffins.

PUMPKIN CAKE - CREAM ROLL

Karen Freiberg
Heartland Senior Center - Volunteer

3 eggs
1 c. sugar
⅔ c. can pumpkin

¾ c. flour
1 tsp. baking soda
2 tsp. cinnamon

Filling:

1 c. confectioners sugar
4 Tbsp. butter

8 oz. cream cheese
½ tsp. vanilla

Beat filling until smooth; set aside. Mix all ingredients; beat well and spread into a greased 11x17x1 inch sheet pan. Bake at 375° for 15 minutes. Turn out onto a double layer of paper towels coated with confectioners

sugar. Roll up, paper towels and all, like a jelly roll. When cool, unroll; spread with filling and roll up. Wrap in foil and refrigerate. Slice to serve.

POUND CAKE

Anne Demo
(Mother of MaryAnne Beno)

3 c. flour	1 tsp. vanilla extract
½ tsp. baking powder	1 tsp. lemon extract
Pinch of salt	6 eggs
2 sticks butter or margarine	3 c. sugar
½ c. Crisco	1 c. milk

Sift flour, baking powder, and salt. Cream butter and Crisco till blended. Add sugar and cream till light and fluffy. Add extracts and blend well. Add eggs, one at a time, beating well. Add dry ingredients alternately with milk, beating well after each addition. Pour into a greased and floured 10 inch tube pan. Bake at 350° for approximately 1½ hours, or until done. Yield: 12 servings.

Note: I use Mrs. Grimes diced tomatoes with oregano and basil seasoning. I then add only 1 teaspoon of oregano to the recipe.

PEPSI CAKE

Dorothy Twedt
Story Co. Historical Alliance

1 c. Pepsi	2 beaten eggs
¼ c. margarine	1½ c. miniature marshmallows
2 Tbsp. cocoa	½ c. buttermilk
2 c. flour	1 tsp. baking soda
2 c. sugar	1 tsp. vanilla

Frosting:

⅓ c. Pepsi	1 lb. powdered sugar
1 stick margarine	3 Tbsp. cocoa

Boil Pepsi, margarine, and cocoa; pour into the rest of the ingredients. Pour into 9x13 inch greased pan and bake at 350° for 30 minutes.

Frosting:

⅓ c. Pepsi	3 Tbsp. cocoa
1 stick margarine	

Melt and put into 1 pound powdered sugar.

CHERRY CHOCOLATE CAKE

Olive H. Sampson
RSVP - Story City, IA

1 chocolate cake mix
3 large eggs

1 can cherry pie filling

Mix cake mix, eggs, and 1 can cherry pie filling together. Pour in a 9x13 inch cake pan. Bake at 350° for 40 minutes.

Frosting:

1 c. sugar
5 Tbsp. margarine

1/3 c. milk

Cook together for 2 minutes. Add 6 ounce bag of chocolate chips; stir till dissolved. Beat until cool. Pour over cool cake.

PISTACHIO CAKE

Holly Cleppe
Correctional Services

1 white cake mix
1 pistachio pudding mix
1 c. 7-Up

4 eggs
1 c. oil

Topping:

1 pkg. pistachio pudding mix
1 1/2 c. milk

9 oz. tub Cool Whip

Mix preceding cake ingredients (cake mix, pudding mix, 7-Up, eggs, and oil) with a mixer. Pour into 9x13 inch pan and bake at 350° for approximately 35 minutes.

For topping, mix pudding mix and milk by hand; let set for a few minutes. Fold in 9 ounce tub of Cool Whip. Spread on cooled cake.

BANANA SPLIT CAKE

Deb Catron
Kelley, IA

2 c. graham cracker crumbs
1 stick margarine, melted
2 sticks margarine, softened
2 c. confectioners sugar
2 eggs
1 Tbsp. vanilla

3 or 4 bananas
2 (1 lb.) cans crushed pineapple
1 (9 oz.) Cool Whip
3/4 c. chopped nuts
Cherry or two

Mix the graham cracker crumbs with the melted margarine. Press mixture into bottom of 9x13 inch pan. Cream 2 sticks of softened margarine with the confectioners sugar, eggs, and vanilla. Beat for 15 minutes in

mixer, then spread over crumb crust. Slice 3 or 4 bananas over mixture. Drain the crushed pineapple and put over the bananas. Spread the Cool Whip over the top and sprinkle with chopped nuts. Put cherry or two on top. Cover; refrigerate overnight. Serves 12 to 15.

BLACK FOREST CHEESECAKE

Shelley Countryman
Ames Public Library

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| 1½ c. chocolate cookie crumbs | 3 eggs |
| 3 Tbsp. melted margarine | 3 Tbsp. cornstarch |
| 2 (8 oz.) pkg. cream cheese | 1 tsp. almond extract |
| 1 (14 oz.) can chocolate sweetened condensed milk | 1 (21 oz.) can cherry pie filling |

Preheat oven to 350°F. Combine crumbs and margarine; press firmly on bottom of spring form pan. In larger mixer bowl, beat softened cream cheese until fluffy. Gradually beat in sweetened condensed milk until smooth; add eggs, cornstarch, and almond extract. Mix well. Pour into prepared pan. Bake for 55 minutes, or until center is set. Top with cherry pie filling before serving.

CHEESE CAKE

Diane Bramble

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|------------------------------------|---------------------------------|
| 1 (8 oz.) pkg. cream cheese | 8 oz. ctn. Cool Whip |
| 1 c. sour cream | Graham cracker crust |
| ½ to 1 c. sugar | 1 can cherry pie filling |
| 1 to 2 tsp. vanilla | |

Cream together first 4 ingredients. Fold in Cool Whip. Put in crust and chill in fridge for about 4 hours. Before serving, top with pie filling. Also great using blueberry or strawberry fillings.

JINGLE BELL BARS

Mindy Cooper
Story County Photography Supt.

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|---|--|
| ¼ c. butter or margarine, melted | 1 c. butterscotch chips |
| 1 c. graham cracker crumbs | 1 (14 oz.) can sweetened condensed milk |
| 1 c. coconut | 1 c. pecans, chopped |
| 1 c. semi-sweet chocolate chips | |

Pour melted butter or margarine in 13x9 inch baking pan. Sprinkle graham cracker crumbs evenly on top. Sprinkle coconut, chocolate chips, and butterscotch chips evenly on top. Pour sweetened condensed milk

evenly on top. Sprinkle pecans on top. Bake at 350° for 25 to 30 minutes. Cut into squares when cooled. Makes about 24.

7 LAYER BARS

Ann Lee

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|-----------------------------------|--|
| 1 c. butter | 1 can Eagle Brand sweetened condensed milk |
| 4 c. crushed graham crackers | 1 c. chopped nuts |
| 1 c. coconut | |
| 1 (6 oz.) pkg. chocolate chips | |
| 1 (6 oz.) pkg. butterscotch chips | |

Melt butter and graham crackers. Spread evenly on 9x13 inch pan. Add remaining ingredients in order given. Bake at 350° for 30 minutes, or until brown.

CHERRY BARS

Karen Selby

Dept. of Human Services - Story Co.

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|-----------------------------|-----------------------------|
| 1 pkg. cherry chip cake mix | 1 can cherry pie filling |
| 4 eggs | 1 can cream cheese frosting |

Mix and pour into greased 10x15 inch pan. Bake for 20 minutes at 350°. Frost with cream cheese frosting.

Variations: Any cake mix or pie filling can be used.

CHOCOLATE COCONUT BARS

Jean Humphrey

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|--------------------|--------------------------------|
| 1/3 c. shortening | 1 c. flour |
| 1/2 c. sugar | 1 1/4 tsp. baking powder |
| 1/2 c. brown sugar | 1/4 tsp. salt |
| 1 egg | 1/2 c. coconut |
| 1 tsp. vanilla | 1 (6 oz.) pkg. chocolate chips |
| 2 Tbsp. water | 1/2 c. chopped nuts |

Cream the shortening with sugars. Add egg, vanilla, and water. Stir well. Sift flour, baking powder, and salt. Add to creamed mixture. Stir in coconut, chocolate chips, and nuts. Bake in greased 6x10 inch cake pan. Bake at 350° for 30 minutes. Can make a double recipe for 9x13 inch pan.

CHOCOLATE CHIP DREAM BARS

Harriett W. Elder
Senior Center at Huxley

Part 1:

1 c. flour
 $\frac{1}{2}$ c. brown sugar

$\frac{1}{2}$ c. oleo

Part 2:

2 Tbsp. flour
1 c. brown sugar
1 c. coconut
 $\frac{1}{2}$ c. nuts

$\frac{1}{2}$ tsp. baking powder
2 eggs
 $\frac{1}{2}$ c. chocolate chips

Part 1: Blend flour and sugar in Part 1 and cut in the oleo. Pat out in bottom of 10 inch square pan and bake in a 300° oven for 20 minutes. Remove from oven and spread Part 2 on top.

Part 2: Mix first 5 ingredients, then add beaten eggs and chocolate chips; mix well. Spread on top of baked crust and return to 325° oven for 25 minutes. Cut into bars when cooled.

MOM'S BROWNIES

Janis Diehl
Story Co. Emergency Management

2 c. white sugar
 $\frac{1}{2}$ c. shortening
4 eggs
 $\frac{1}{2}$ c. milk
 $1\frac{1}{2}$ c. flour

$\frac{1}{2}$ c. cocoa
Pinch of salt
1 tsp. vanilla
 $\frac{1}{2}$ c. nuts (optional)

Frosting:

3 Tbsp. cocoa
3 Tbsp. butter
3 Tbsp. coffee

1 tsp. vanilla
1 box powdered sugar

Cream sugar and eggs; add vanilla, salt, nuts, and cocoa. Add flour and milk alternately. Beat till fairly smooth. Spread in greased 9x13 inch cake pan. These are thick brownies. Bake at 350°. Frost or leave plain.

Mix frosting ingredients together and spread on top of brownies if desired.

DANISH APPLE BARS

Dorothy Holm
City of Story City

2½ c. flour
1 tsp. salt
1 c. Crisco
1 egg yolk
1 c. corn flakes
8 c. sliced apples

1¼ c. sugar
1 tsp. cinnamon
1 egg white
1 c. powdered sugar
4 Tbsp. milk

Combine flour and salt; cut in Crisco. Beat egg yolk in measuring cup and add enough milk to make $\frac{2}{3}$ cup liquid. Mix well. Stir into flour mixture on floured surface; roll half of dough into a 17 x 12 inch rectangle. Fit into a 15½ x 10½ x 1 inch baking pan. Sprinkle with corn flakes.

Combine apples, sugar, and cinnamon; put on top of dough. Roll remaining dough into 15½ x 10½ inch rectangle. Place over apples; seal edges. Cut slits in dough. Beat egg whites. Brush on top and bake in 350° oven for 50 minutes. Combine 1 cup powdered sugar with milk; drizzle on warm bars.

LEMON SQUARES

Michael Whiteford, Chair
ISU Anthropology Dept.

Crust:

2 c. flour
 $\frac{3}{4}$ c. butter or margarine,
melted

Melt the butter and flour; spread in an ungreased 9x13 inch pan. Bake for 10 minutes at 350°.

Filling:

½ c. coconut
½ c. walnuts
1½ c. brown sugar
½ tsp. salt

2 eggs
2 Tbsp. flour
1 Tbsp. vanilla

Combine the filling ingredients; spread on crust. Bake for 20 minutes and cool.

Frosting:

2 c. powdered sugar
½ c. butter or margarine,
melted

Juice of ½ lemon (or less, to
taste)
Rind of ½ lemon, grated

Combine all of the frosting ingredients. The frosting should have a tart, lemon flavor. Spread mixture on the cooled filling. Cut into squares.

BAKLAVA

Cafe Northwest

Nut Filling:

3 c. chopped nuts
1/4 c. sugar

1 tsp. ground cinnamon
1 tsp. ground cloves

Syrup:

2 c. sugar
1 c. honey
1 1/2 c. water
1/2 c. rose water

8 to 10 whole coves
2 sticks cinnamon
2 slices lemon

Other ingredients:

1 lb. unsalted butter

1 lb. pkg. filo dough

Preheat oven to 350°. Melt butter in microwave. Unroll a 1 pound package of thawed filo dough and trim (if necessary) to fit in 12x18x2 inch pan. Using pastry brush, brush bottom of pan with melted butter. Begin layering the filo, always 2 sheets at a time, brushing lightly with butter after each 2 sheet layer. After 4 layers (8 sheets), evenly spread 1/2 nut filling; proceed with 3 more layers of filo (6 sheets). Spread the other half of filling, then layer the remaining filo. Liberally butter the top layer and score the Baklava into 1 inch rows with knife. Section each row with diagonal cuts to form diamond shapes.

Bake Baklava for 35 to 50 minutes, or until golden brown. Allow to cool before applying syrup. Combine all the ingredients of syrup and heat in saucepan to moderate boil. Continue to boil, allowing bubbles to almost reach top of pan without boiling over. Syrup is done when bubbles first start to reach a size of 1 inch before bursting. Immediately spoon out the cloves, lemon, and cinnamon sticks; spoon hot syrup over the Baklava.

CHERRY BARS

Marlys Wells

Iowa Gun Dog Association

1 c. margarine
4 eggs
1 1/2 tsp. baking powder
1 can cherry pie filling

1 3/4 c. sugar
1 tsp. vanilla
3 c. flour

Cream well the margarine and sugar; add eggs, one at a time, beating well after each one. Add vanilla, baking powder, and flour. Put 2/3 of batter in a greased 11x17 inch cake pan. Spread cherry pie filling over this. Add

$\frac{1}{4}$ cup water to remaining $\frac{1}{3}$ of batter. Mix and pour over cherries. Spread. Bake at 350° for 45 minutes. Frost with powdered sugar icing, using almond flavoring.

PUMPKIN PIE SQUARES

The Dietary Technicians
Children's Services of Central Iowa

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|--|--|
| 2$\frac{1}{4}$ c. flour | 6 eggs |
| 1$\frac{1}{4}$ c. oatmeal | $\frac{1}{2}$ c. white sugar |
| $\frac{1}{2}$ c. brown sugar | 1$\frac{1}{4}$ tsp. salt |
| 1$\frac{1}{4}$ c. margarine | 2$\frac{1}{3}$ tsp. cinnamon |
| 6 c. pumpkin | $\frac{1}{2}$ c. brown sugar |
| 2 c. evaporated milk | 2$\frac{1}{4}$ Tbsp. margarine, melted |

Mix flour, oats, and brown sugar. Cut margarine into mixture of flour, oats, and brown sugar. Press into pan. Bake at 350° for 15 minutes. Combine pumpkin, milk, eggs, sugar, salt, and spices. Beat well and pour into crust. Bake at 350° for 1 hour and 20 minutes. Combine brown sugar and margarine. Sprinkle over filling. Bake for 15 to 20 minutes more, or until set (when knife comes out clean).

O'HENRY BARS

Amy Sargent
Youth Volunteer

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|---|--|
| $\frac{2}{3}$ c. butter | 1 c. brown sugar |
| $\frac{1}{2}$ c. light corn syrup | 4 c. rolled oats |
| $\frac{1}{2}$ tsp. salt | 1 (6 oz.) pkg. chocolate chips |
| 3 tsp. vanilla | $\frac{2}{3}$ c. peanut butter |

Melt butter. Mix with corn syrup, salt, vanilla, brown sugar, and oatmeal. Put in 9x13 inch pan and bake at 425° for 12 minutes (do not overbake). Cool slightly. Melt chocolate chips and peanut butter together. Spread over bars.

ONE PAN TOFFEE BARS

Cathy Smelser
Ames - ISU YMCA

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|--|--|
| $\frac{3}{4}$ c. packed sugar | 2 c. Bisquick mix |
| $\frac{1}{3}$ c. margarine, softened | 1 (6 oz.) pkg. semi-sweet chocolate chips |
| $\frac{3}{4}$ tsp. vanilla | $\frac{1}{2}$ c. chopped nuts |
| 1 egg | |

Heat oven to 350°. Mix brown sugar, margarine, vanilla, and egg yolk with fork in rectangular pan (13x9 inches). Stir in baking mix until moistened (mixture will be crumbly). Press evenly into pan and bake until light

brown (16 to 18 minutes). Immediately sprinkle chips over top. Let stand for 3 to 4 minutes, then spread evenly. Sprinkle with nuts. Cut into bars. Makes about 32.

RHUBARB OATMEAL BARS

Eric Peterson
Huxley Public Library

1/2 c. chopped nuts
1 1/2 c. oatmeal
1 c. brown sugar
1/4 tsp. salt

1 1/3 c. flour
1 c. shortening
1/4 tsp. baking soda

Filling:

1 1/2 c. white sugar
2 Tbsp. cornstarch
1/4 c. water

1 tsp. vanilla
3 c. chopped rhubarb

Mix first 7 ingredients until crumbly. Put half of mixture in bottom of 9x13 inch pan. Press down.

Put filling ingredients in medium saucepan. Heat until liquid is clear. Let mixture cool a little. Pour over crumb mixture. Top with remaining mixture of crumbs. Bake for 45 minutes in 350° oven.

CHOCO-PEANUT BUTTER BARS

Jennifer K. Peterson
Huxley Public Library

1/2 c. shortening
1/2 c. peanut butter
1/2 c. granulated sugar
1/2 c. brown sugar
1 egg
2 Tbsp. water

1 1/4 c. flour
3/4 tsp. soda
1/2 tsp. baking powder
1/4 tsp. salt
2 (6 oz.) pkg. chocolate chips
1/2 c. chopped salted peanuts

Heat oven to 375°. Grease 9x13x2 inch pan. Mix shortening, peanut butter, sugars, and egg. Stir in water, flour, soda, baking powder, salt, and 1 package chocolate chips. Spread in pan. Bake for about 20 minutes. Remove from oven. Immediately sprinkle remaining chocolate morsels evenly over baked layer. Place baking sheet over pan so contained heat will soften morsels. Spread softened chocolate (takes about 5 minutes) evenly; sprinkle with peanuts. Cut into bars, about 3x1 inches. Makes 32 cookies.

SAN FRANCISCO DOUBLE CHOCOLATE BROWNIES

Karin Messenger

2 eggs (at room temperature)
 $\frac{1}{2}$ c. sugar
1 tsp. vanilla
 $\frac{1}{2}$ c. butter or margarine,
melted
1 c. Ghirardelli ground
chocolate

$\frac{2}{3}$ c. all-purpose flour
 $\frac{1}{4}$ tsp. baking powder
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ c. walnuts, chopped
 $\frac{1}{2}$ c. Ghirardelli semi-sweet or
milk chocolate chips

Preheat oven to 350°. Using a spoon, stir eggs with sugar and vanilla. Add melted butter. Sift Ghirardelli ground chocolate with flour, baking powder, and salt. Stir flour mixture into egg mixture. Add nuts and chocolate chips. Spread evenly into greased 8 inch pan. Bake for 25 minutes. Cut into squares. Makes 16 to 20 brownies.

Note: If using glass pan, bake at 325°.

BROWNIES

Carol Kisling

1430 KASI - 105 KCCQ Radio - Ames

1 c. oleo-margarine
4 Tbsp. cocoa
 $1\frac{1}{2}$ c. milk
2 c. flour

1 tsp. baking soda
2 c. sugar
2 eggs, beaten

Frosting:

$\frac{1}{2}$ c. oleo-margarine
4 Tbsp. cocoa
4 Tbsp. milk

3 to 4 c. powdered sugar
1 c. nuts
1 tsp. vanilla

Mix oleo, cocoa, and milk together; bring to boil. Add the rest of the ingredients. Bake in 10x15 inch pan for 20 minutes.

When making frosting, mix oleo, cocoa, and milk together; bring to boil. Add rest of ingredients. Frost brownies when cooled.

CARAMEL CANDY BARS

Veronica Johnson

Volunteer - Ames Public Library

1 c. milk chocolate chips (6
oz.)

$\frac{1}{4}$ c. butterscotch chips
 $\frac{1}{4}$ c. creamy peanut butter

Filling:

1/4 c. margarine
1 c. sugar
1/4 c. evaporated milk

1 1/2 c. marshmallow creme
1/4 c. peanut butter
1 1/2 c. chopped salted peanuts

Caramel Layer:

1 (14 oz.) pkg. caramels

1/4 c. whipping cream

Icing:

1 c. (6 oz.) milk chocolate chips

1/4 c. butterscotch chips
1/4 c. creamy peanut butter

Combine 6 ounces milk chocolate chips, 1/4 cup butterscotch chips, and 1/4 cup peanut butter in small saucepan. Stir over low heat until melted. Spread on bottom of lightly greased 9x13x2 inch pan. Chill.

Filling: Melt butter. Add sugar and milk. Bring to boil and stir for 5 minutes. Remove from heat and add marshmallow creme, peanut butter, and 1 teaspoon vanilla. Add peanuts; spread over first layer. Chill.

Combine caramels and cream in small saucepan. Stir over low heat until melted. Spread over filling. Chill.

Combine icing ingredients in saucepan. Stir over low heat until melted. Pour over caramel layer. Chill. Cut into 1 inch squares. Yield: 8 dozen.

ECLAIR BARS

Veronica Johnson
Volunteer - Ames Public Library

Crust:

1 c. water
1 c. butter (or margarine)

1 c. flour
4 eggs

Filling:

1 large box instant vanilla pudding
3 c. cold milk

8 oz. whipped topping (Cool Whip)
8 oz. cream cheese

Bring water and butter to a boil. Add flour all at once. Add eggs, one at a time. Beat well after each egg is added. Spread mixture evenly in 9x13 inch pan. Bake at 400° for 30 minutes.

Mix pudding and milk; add cream cheese and mix with mixer (mixture will be lumpy). Pour mixture over cooled crust. Top with whipped topping.

RICH 'N CHEWY BROWNIES

Susie DeMoss

$\frac{2}{3}$ c. melted shortening
 $\frac{1}{2}$ c. cocoa
2 c. sugar
4 eggs

2 tsp. vanilla
1 c. flour
 $\frac{1}{2}$ tsp. salt
1 c. nuts (optional)

Combine in order given, mixing well after each ingredient is added. Pour into greased 9x13 inch pan. Bake at 325° for 25 to 30 minutes. Ready to eat or top with your favorite chocolate frosting.

RHUBARB BARS

Pat Banitt

1 $\frac{1}{2}$ c. flour
1 $\frac{1}{2}$ c. oats
1 c. packed brown sugar
1 c. margarine, softened
 $\frac{1}{2}$ tsp. soda

$\frac{1}{4}$ tsp. salt
2 Tbsp. cornstarch
 $\frac{1}{4}$ c. water
3 c. diced rhubarb
1 $\frac{1}{2}$ c. granulated sugar

Combine flour, oats, brown sugar, margarine, soda, and salt. Press $\frac{1}{2}$ to $\frac{1}{3}$ of mixture into 9x13 inch pan. Reserve remainder for topping. For filling, mix cornstarch and water. Add rhubarb and granulated sugar; cook until thickened. Spread over mixture in pan and sprinkle with reserved topping. Bake at 350° for 30 to 35 minutes. Cool and cut into bars. Refrigerate. Makes 18 to 24 bars (or more).

QUICK HOT FUDGE SAUCE

Judith Hughes
Ames Public Library

1 c. sugar
 $\frac{1}{3}$ c. cocoa
2 Tbsp. flour
 $\frac{1}{4}$ tsp. salt

1 Tbsp. oleo
1 c. boiling water
1 tsp. vanilla

Combine sugar, cocoa, flour, salt, and oleo. Mix well. Slowly add boiling water. Cook in microwave until sauce thickens, stirring at 1 $\frac{1}{2}$ minute intervals. Remove when thick and add vanilla. Use over ice cream, cakes, etc.

VICTORIAN CREAM WITH RASPBERRY SAUCE

Margie Oldehoeft
Mary Greeley Medical Center

1 env. unflavored gelatin
2 Tbsp. cold water
1 c. heavy cream

1/2 c. sugar
1 c. sour cream
1 tsp. vanilla

Raspberry Sauce:

1 box frozen raspberries in juice, thawed
Juice of 1 orange
1 Tbsp. orange rind, finely grated

1 tsp. lime rind, finely grated
1 oz. kirsch

Combine all sauce ingredients; refrigerate until time to serve dessert.

Stir gelatin into the water. In a saucepan, combine cream with sugar and cook over very low heat, stirring constantly, until sugar is dissolved. Remove from heat and stir in softened gelatin until thoroughly mixed. Mix in sour cream and vanilla. Pour mixture into 1/2 pint metal mold, preferably a decorative one.

Chill in refrigerator until firm (at least 4 hours). To unmold, dip into hot water, then invert over a serving dish. Serve with Raspberry Sauce.

CHOCOLATE SAUCE

Elaine Anderson
City of Collins

2 Tbsp. cocoa
1 c. sugar
1 Tbsp. cornstarch

1 c. boiling water
2 Tbsp. butter
1 tsp. vanilla

Mix cocoa, sugar, and cornstarch. Add hot water. Cook for 3 to 5 minutes. Add butter and vanilla.

QUICKIE CHOCOLATE SAUCE

Beth Wunder
Volunteer Center of Story Co.

1/2 c. light corn syrup
1 (6 oz.) pkg. semi-sweet chocolate chips

1 Tbsp. butter
1/4 c. half & half
1/4 tsp. vanilla

In 1 pint glass measure, measure syrup. Stir in chocolate and butter. Microwave at HIGH for 1 1/2 to 2 minutes. Stir until completely smooth. Blend in half & half and vanilla. Serve warm or cold. Makes about 1 1/2 cups.

CHOCOLATE SAUCE

Juanita Hovick
Bethany Manor

2 c. sugar
2 sq. (2 oz.) unsweetened
chocolate

1 (13 oz.) can evaporated milk
1 tsp. vanilla

Combine sugar, chocolate, and milk in heavy saucepan; bring to a boil, stirring occasionally. Boil for about 5 minutes, stirring constantly until mixture is smooth and thick. Serve warm over ice cream. May be cooked and kept in refrigerator. Makes about 1 cup.

EASY CHERRY SURPRISE

Tami Fitzgerald
Homeward

1 large can cherry pie filling
1 large can crushed pineapple,
drained

1 c. mini marshmallows
1 large tub Cool Whip
1 can Eagle Brand milk

Mix together and chill.

BUTTERFINGER DESSERT

Sonya Lester
Boys and Girls Club of Ames

1 c. graham crackers, crushed
(approx. 6 large crackers)
1 c. soda crackers, crushed
(approx. 20 sq. crackers)
6 frozen Butterfinger bars,
crushed
1 stick oleo, melted

2 pkg. instant chocolate
pudding
2 c. milk
1 pt. vanilla ice cream,
softened
8 oz. Cool Whip

Combine first 4 ingredients. Reserve 1 cup for topping and press remainder into bottom of 9x11 inch pan. Blend pudding, milk, and ice cream. Spread over crumbs in pan. Spread Cool Whip over pudding. Sprinkle reserved crumbs on top. Refrigerate.

EASY PEACH DESSERT

Joyce Sievers
The Tribune

1 large can sliced peaches with
juice
1/2 c. melted margarine

1 box dry butter brickle cake
mix or butter pecan mix
Pecans

Put peaches and juice in 9x13 inch ungreased pan. Sprinkle dry cake mix over all. Pour melted margarine over cake mix. Add pecans on top. Bake at 350° for 45 to 60 minutes until brown. Can be served with whipped topping or ice cream.

RASPBERRY PRETZEL DESSERT

Penni Bryant, Cindy Spurlock
Iowa State University - College of Engineering

- | | |
|---------------------------------|--|
| 2 c. pretzels, crushed | 1 small tub Cool Whip |
| 3/4 c. margarine, melted | 2 (3 oz.) pkg. raspberry Jell-O |
| 3 Tbsp. white sugar | 2 c. boiling water |
| 3/4 c. sugar | 1 (10 oz.) pkg. raspberries, |
| 8 oz. cream cheese | partially thawed |

Mix together first 3 ingredients and press in bottom of 9x13 inch pan. Bake for 10 minutes at 400°. Cool. Cream sugar and cream cheese. Fold in Cool Whip. Pour over pretzel layer. Dissolve Jell-O in water. Add berries; pour over cream cheese. Chill for 5 to 6 hours.

Note: Strawberry Jell-O and strawberries may be substituted.

CREAM PUFF DELIGHT

Juanita Hovick
Bethany Manor

- | | |
|--------------------------|------------------------------------|
| 1 stick margarine | 1 large box instant vanilla |
| 1 c. water | pudding |
| 1 c. flour | 1 (8 oz.) cream cheese |
| 4 eggs | 3 c. milk |

Bring margarine and water to a boil. Add flour and eggs, one at a time. Spread in a 9x13 inch cake pan. Bake at 400° for 30 minutes. Beat pudding, cream cheese, and milk until smooth. Spread on cooled crust. Top with Cool Whip and chocolate syrup.

CREAM PUFF DESSERT

Representative Teresa Garman

- | | |
|--------------------|-------------------|
| 1 c. water | 1 c. flour |
| 1/2 c. oleo | 6 eggs |

Mix water and oleo together in a pan and bring to a boil. As soon as it boils, add flour all at once. Stir rapidly until a ball forms. Add eggs, one at a time, beating well after each egg. Spread on a well greased cookie sheet. Bake at 400° for 25 to 30 minutes, or until light brown.

Filling:

2 small pkg. instant French
vanilla pudding
8 oz. cream cheese, softened

1 container Cool Whip
Hershey's chocolate syrup

Mix pudding as directed. Beat in cream cheese and spread on crust. Top with Cool Whip. Drizzle chocolate syrup on top. Refrigerate and keep refrigerated.

RASPBERRY DESSERT

Rhonda Fiscus
Beta Sigma Phi

Crust:

2½ c. crushed pretzels
¾ c. melted butter

3 Tbsp. sugar

2nd Layer:

1 (8 oz.) pkg. cream cheese,
softened
1 egg, beaten slightly

1 c. powdered sugar
1 tsp. vanilla
1 (8 oz.) ctn. Cool Whip

Topping:

1 family size pkg. raspberry
jello

2 c. boiling water
2 boxes frozen raspberries

Bake crust at 350° for 10 minutes. Mix and pour 2nd layer over crust and chill. Mix topping ingredients together; dissolve jello in boiling water, then add raspberries. Pour over second layer and refrigerate to set. Should always be made the day before.

FUDGE STRIPE COOKIE SALAD

Tamara Soensken
The Tribune

1 c. buttermilk
1 large pkg. vanilla instant
pudding
8 oz. Cool Whip

2 cans mandarin oranges,
drained
10 fudge stripe cookies,
crushed

Mix together and sprinkle cookies on top.

CHOCOLATE DESSERT

Megan Whited

Ames Mighty Muskrats 4-H Club

1 pkg. fudge brownie mix
2 pkg. chocolate mousse
1 (8 oz.) whipped topping

**4 Heath Bars, mixed with $\frac{1}{2}$ c.
chopped pecans**

Cook brownies as directed on package. Crumble half of brownies in the bottom of 9x13 inch pan. Layer with 1 package chocolate mousse, $\frac{1}{2}$ Cool Whip, $\frac{1}{2}$ candy bar, and pecan mixture. Repeat procedure.

FOUR LAYER DESSERT

Jan Williams

Ames Convention and Visitors Bureau

Part 1:

1 c. flour
 $\frac{1}{2}$ c. butter

$\frac{1}{2}$ c. chopped pecans

Part 2:

**1 (8 oz.) pkg. cream cheese,
softened**

1 c. powdered sugar
1 c. Cool Whip

Part 3:

**2 pkg. instant butterscotch or
chocolate pudding**

3 c. milk
1 tsp. vanilla

Part 4: 1 cup Cool Whip.

Crumble Part 1. Pat in 9x13 inch pan and bake for 15 minutes at 350°; let cool. Mix Part 2. Spread on first layer and chill. Mix Part 3 together until thick. Pour over 2nd layer and chill. Cover Part 4 over 3rd layer. Chill.

RHUBARB DESSERT

1 c. flour
5 Tbsp. powdered sugar
 $\frac{1}{2}$ c. oleo
 $1\frac{1}{2}$ c. sugar
 $\frac{1}{4}$ c. flour

$\frac{3}{4}$ tsp. salt
2 eggs, beaten
 $\frac{1}{2}$ tsp. lemon flavoring
2 to 3 c. finely cut rhubarb

Sift flour and sugar; cut into oleo. Blend well; pat down in 7x11 inch or 9x9 inch pan. Bake for 10 to 15 minutes at 350°. Mix batter (sugar, flour, salt, eggs, lemon flavoring, and rhubarb). Pour batter onto baked layer. Bake for 25 to 35 minutes more at 350°.

PUMPKIN LOG

Marlys Wells
Iowa Gun Dog Association

3 eggs
1 c. sugar
1/2 tsp. cinnamon

2/3 c. pumpkin
1 tsp. baking soda
3/4 c. flour

Mix preceding ingredients. Grease 10x15 inch jelly roll pan. Place waxed paper on pan and grease again. Pour batter in pan and bake at 350° for 15 minutes. Turn out on a towel, covered with powdered sugar. Remove wax paper immediately. Roll like a jelly roll, towel and all. Let cool for about 1 hour. Unroll when cool and spread with filling, then re-roll and refrigerate.

Filling:

2 Tbsp. margarine
3/4 tsp. vanilla

8 oz. cream cheese
1 c. powdered sugar

Mix all together and spread on pumpkin log.

APRICOTS DELIGHTS

Janet Charbonneau
Story County Extension

1 c. sugar
1 c. packed brown sugar
1 c. shortening
2 large eggs
1 tsp. vanilla
1 tsp. butter flavoring
1 1/2 c. plus 1 Tbsp. flour

1 tsp. baking soda
3/4 tsp. salt
2 1/2 c. quick oatmeal
(uncooked)
1 c. chopped dried apricots
1 c. white chocolate chips

Preheat oven to 350°. Combine first 6 items; mix well. Toss apricots in the 1 tablespoon of flour; add rest of items. Drop on ungreased cookie sheet. Bake for 11 minutes, or until light brown and still slightly moist. Do not overbake. Makes 3 dozen.

FROZEN DESSERT

Karen Thompson
Ames City Clerk's Office

1/2 gal. pineapple sherbet
8 or 9 oz. Cool Whip

1 (10 oz.) frozen strawberries
3 bananas, mashed

Thaw frozen ingredients slightly and mix together. Put in a 9x12 inch pan or use small clear cups and freeze. Remove from freezer about 10 minutes before serving.

PUMPKIN DESSERT

Charene Starcevic
Volunteer Center of Story County

1 can pumpkin (regular size)
3 eggs, beaten
1 can evaporated milk
1 c. sugar
1 tsp. vanilla

1/2 tsp. pumpkin spice
1/2 c. chopped nuts
1/2 c. coconut
1 box spice cake mix
1 1/2 sticks margarine

Mix the first 6 ingredients and pour into a greased 9x13 inch pan. Mix nuts, coconut, and cake mix. Sprinkle over the pumpkin mixture (dry). Melt 1 1/2 sticks margarine and drizzle over the dry mix. Bake at 350° for 1 hour. When cool, cut and serve with Cool Whip topping. Serves 12.

CHERRY CHEWBIBLEES

Pam Sargent

1 1/4 c. flour
1/2 c. packed brown sugar
1/2 c. butter flavored shortening
1 c. chopped walnuts, divided
1/2 c. flaked coconut
2 (8 oz.) pkg. cream cheese,
softened

2/3 c. sugar
2 eggs
2 tsp. vanilla
2 (21 oz.) cans cherry pie
filling

In bowl, combine flour and brown sugar; cut in shortening until fine crumbs form. Stir in 1/2 cup nuts and coconut. Reserve 1/2 cup crumb mixture for topping. Press remaining mixture into the bottom of a greased 9x13 inch pan. Bake at 350° for 12 to 15 minutes, or until lightly browned.

Meanwhile, for filling, beat cream cheese, sugar, eggs, and vanilla in mixing bowl until smooth. Spread over hot crust. Bake for 15 minutes. Spread pie filling on top. Combine remaining nuts and reserved crumbs; sprinkle over cherries. Bake for 15 minutes more. Cool. Refrigerate until serving.

CRESCENT PASTRY

Karen Selby
Dept. of Human Services - Story Co.

2 cans crescent refrigerated
rolls
2 (8 oz.) cream cheese
1 c. sugar
1 tsp. vanilla

1 egg yolk
1 egg white
1/2 c. sugar
1/2 c. nuts
1 tsp. cinnamon

Spread 1 can of crescent refrigerator rolls in 9x13 inch pan. Soften 2 (8 ounce) cream cheese in microwave. Mix cream cheese, 1 cup of sugar,

vanilla, and egg yolk. Spread on top of crescent roll layer. Spread 1 can of crescent refrigerator rolls on top of mixture. Beat egg white and spread over top layer. Mix $\frac{1}{2}$ cup sugar, nuts, and cinnamon; spread on top. Bake at 350° for 30 minutes.

STRAWBERRY PIE

Doris Classon
City of Roland Billing Clerk

1 c. water	1 tsp. red food coloring
2 Tbsp. cornstarch	2 Tbsp. strawberry jello
1 c. sugar	Approx. 1 qt. fresh
Pinch of salt	strawberries

Boil water, sugar, cornstarch, and salt until thick. Add food coloring and jello. Cool and pour over fresh strawberries in a baked pie shell. Top with Cool Whip.

Can substitute fresh peaches when in season. Use peach jello and yellow food coloring for a brighter color.

DIABETIC APPLE PIE

Birdelle G. Post
Heartland Senior Services

6 oz. can frozen apple juice, thawed	1 tsp. cinnamon
2 Tbsp. flour	6 c. sliced apples

Mix juice, flour, and cinnamon until well blended. Pour in 3 quart saucepan and cook over medium heat, stirring constantly, until mixture boils and thickens. Remove from heat; add apples and stir to coat apples. Spoon into unbaked pie shell; add a top crust. Bake at 450° for 15 minutes, then at 350° for 35 minutes (or until apples are done).

FRENCH SILK PIE

Brenda Brown
Jet Print

9 inch baked pie crust	3 egg whites
1 c. sugar	Cool Whip
1½ tsp. vanilla	1 Hershey's candy bar
¾ c. real butter, melted	(chocolate)
1 oz. unsweetened chocolate, melted	

Mix melted butter and sugar with mixer. Add melted unsweetened chocolate, vanilla, and 2 egg whites. Beat for 4 to 5 minutes. Add last egg white. Beat for at least 10 minutes, or until sugar dissolves. Pour into baked

pie crust. Let stand in refrigerator for at least 30 minutes, then garnish with Cool Whip and shaved Hershey's chocolate candy bar.

STRAWBERRY PIE

Donna Busch
Department of Correctional Services

Crust: Mix 16 (2½ inch) crushed graham crackers with ⅓ cup melted reduced calorie margarine. Press into pie plate. Bake at 350° for 8 minutes.

Filling: Combine 1 package sugar-free strawberry gelatin, 1 package sugar-free (cook type) vanilla pudding, and 2 cups water. Bring to a full, rolling boil. Add 2 to 3 packets sweetener. Add 4 cups strawberries and chill till slightly thickened. Pour into shell. Chill thoroughly.

If desired, garnish with whipped topping. Makes 8 servings.

ICE CREAM PUMPKIN PIE

Bobbie Boeke
Collegiate Presbyterian Church

1 c. canned pumpkin
½ c. brown sugar
½ tsp. salt
½ tsp. ginger

¼ tsp. nutmeg
1 qt. ice cream
1 graham cracker crust

Crust:

1½ c. fine graham cracker
crumbs
¼ c. sugar

½ c. melted butter (or
margarine)

Combine pumpkin, sugar, salt, ginger, and nutmeg. Stir ice cream to soften. Fold into pumpkin mixture. Spoon into crust. Freeze firm. Garnish with pecans if desired.

Crust: Combine ingredients. Press firmly into unbuttered 9 inch pie plate. Bake in 375° oven for about 8 minutes, or till edge is lightly browned. Cool. (Use glass or untreated metal.) If you prefer an unbaked crust, chill crust till set, about 45 minutes, before filling.

CHOCOLATE NUT PIE

Yvonne Wannamuehler
Omieron Omega Chapter of Beta Sigma Phi

1 deep dish pastry pie shell
1 c. sugar
2 beaten eggs
1 stick melted margarine

½ c. flour
1 tsp. vanilla
1 c. chocolate chips
1 c. chopped pecans

Mix together sugar, flour, beaten eggs, and melted margarine. Add vanilla, then nuts and chocolate chips. Mix well. Pour into unbaked deep dish pie shell. Bake at 350° for about 40 minutes. Cool before serving.

RHUBARB CUSTARD PIE

Beth Wunder
Volunteer Center of Story Co.

1 unbaked 9 inch pie shell
3½ c. fresh chopped rhubarb
1½ c. sugar
¾ tsp. nutmeg

3 eggs, slightly beaten
¼ c. milk or half & half
Dash of salt
1 Tbsp. flour

Sprinkle 1 tablespoon flour on bottom of pie shell. Mix other ingredients together and pour into pie shell. Bake at 375° for 1 hour, or until set. Cover edge of crust with aluminum foil for last half of baking.

CREAMY COCONUT PIE

Joyce Sievers
The Tribune

1 (3 oz.) pkg. cream cheese,
softened
2 Tbsp. sugar
½ c. milk
1⅓ c. Baker's Angel Flake
coconut

1 (8 oz.) container Cool Whip
½ tsp. almond extract
(optional)
1 (8 inch) graham cracker
crust, prepared

Combine cream cheese, sugar, milk, and coconut in electric blender container. Cover and blend at medium speed for 30 seconds. Fold into whipped topping and add extract. Spoon into crust. Freeze until firm, about 4 hours. Sprinkle with additional coconut, toasted, if desired. Let stand at room temperature for 5 minutes before cutting, if necessary, for creamier texture. Store any leftover pie in freezer.

PUMPKIN PATCH PIE

Tamara Soensken
The Tribune

1 pt. orange sherbet, softened
(2 c.)
1 (8 oz.) tub Cool Whip,
thawed

1 (9 inch) Oreo pie crust
9 Oreo chocolate sandwich
cookies, chopped

Place sherbet in bowl; stir until smooth. Stir in half of the Cool Whip until well blended (for more intense color, stir in a few drops of red and yellow food coloring). Spoon into crust. Sprinkle with chopped Oreos, pressing firmly into sherbet. Cover with remaining Cool Whip.

Freeze for 4 hours, or until firm. Let stand at room temperature for 10 minutes before serving. Garnish with finely chopped Oreo cookies and candy pumpkins, if desired. Store leftover pie in freezer.

STRAWBERRY CREAM PIE

Chris Peterson
Huxley Public Library

1 pt. strawberries
1 (4 oz.) pkg. vanilla instant pudding
1 c. sour cream
1/4 c. milk

2 tsp. grated orange or lemon peel
3 1/2 c. thawed Cool Whip
1 graham cracker crust

Hull berries and set aside. Combine pudding mix, sour cream, milk, peel, and 2 cups of the Cool Whip in a bowl. Beat with wire whisk until well blended, about 1 minute. Spoon half the filling into crust; arrange berries, stem end down, in filling and press down. Top with remaining filling. Freeze for 1 hour, or chill in refrigerator for 3 hours before serving. Garnish with remaining whipped topping and additional strawberries, if desired.

CHOCOLATE PUDDING PIE FILLING

Carol Neumann
Story County Volunteer Center

2/3 c. sugar
2 Tbsp. cornstarch
2 egg yolks
2 c. milk

1 tsp. vanilla
1 1/2 sq. Hershey's baking chocolate

Stir together the sugar and cornstarch in medium saucepan. Add egg yolks; break yolks and stir together. Add rest of ingredients. Turn on heat and stir occasionally until boiling. Boil for 1 minute. Pour into baked pie shell. Place wax paper over top of filling as it cools.

CHERRY DELIGHT PIE

Carol Neumann
Story County Volunteer Center

1 (9 inch) graham cracker crumb crust
1 (8 oz.) pkg. Philadelphia cream cheese
15 oz. can Eagle Brand sweetened condensed milk

1/3 c. lemon juice
1 tsp. vanilla
1 (1 lb., 6 oz.) can prepared cherry pie filling

Let cream cheese soften to room temperature; beat until fluffy. Gradually add Eagle Brand milk while mixing; stir until blended. Add lemon juice and vanilla; blend well. Pour into crust; chill for 2 to 3 hours. Add cherry pie filling.

PEANUT BUTTER PIE

Carol Helland
Heartland Senior Services

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|---|---------------------------|
| 1 prepared (purchased)
chocolate crumb crust | 1 c. sugar |
| 1 (8 oz.) pkg. cream cheese,
softened | 1 Tbsp. butter, softened |
| 1 c. creamy peanut butter | 1 tsp. vanilla |
| | 1 c. heavy cream, whipped |

In a mixing bowl, beat cream cheese, peanut butter, sugar, butter, and vanilla until smooth. Fold in whipped cream. Gently spoon into crust. Refrigerate; best when really cold.

MOD MOCHA PIE

Bobbi Countryman
Ames Public Library

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|--|------------------------|
| 1 env. unflavored gelatin | $\frac{3}{4}$ c. sugar |
| 1 sq. unsweetened chocolate | Dash of salt |
| 1½ tsp. instant coffee | $\frac{3}{4}$ c. water |
| 1 egg, well beaten | 1 tsp. vanilla |
| 1 (12 oz.) frozen whipped
topping, thawed | 1 tsp. instant coffee |
| 1 baked (9 inch) pie shell,
cooled | |

Combine gelatin, sugar, chocolate, 1½ teaspoons coffee, salt, and water in glass container. Microwave on HIGH until chocolate is melted and gelatin is dissolved. Beat with mixer until smooth. Stir a small amount of mixture into the egg, beating well. Return to remaining chocolate mixture and microwave until thickened. Add vanilla. Cool. Blend 6 ounces of whipped topping into cooled chocolate mixture. Pour into pie shell. Chill until set.

Dissolve 1 teaspoon coffee in 1 teaspoon water. Stir into remaining 6 ounces of whipped topping. Spread over top of pie. Garnish with chocolate curls or sifted cocoa. Makes 8 servings.

Note: Pie may be frozen. Let stand for 15 minutes at room temperature before serving.

BISHOP PIE

JoAnn Blanchard
ISU Story County Extension

Prepare graham cracker crust to 9x13 inch pan.

1 c. milk
2 pkg. instant chocolate
pudding
4 c. ice cream

1 container Cool Whip
Chocolate swirls or Heath Bar,
crushed

Press crust into 9x13 inch pan. Mix milk and pudding; beat for 2 minutes. Add ice cream; beat until well mixed and pour into crust. Top with Cool Whip; sprinkle chocolate swirls or crushed Heath Bar over the top.

PECAN PIE

Mary O'Neal, Kalen's Mom
Boone Retired and Senior Volunteer Program

2 Tbsp. brown sugar
2 Tbsp. white sugar
3 Tbsp. butter or margarine,
softened
 $\frac{1}{4}$ tsp. salt
2 eggs, slightly beaten
1 (12 oz.) jar butterscotch ice
cream topping

1 tsp. vanilla
1 c. pecan halves (or $\frac{1}{2}$ c.
pecans and $\frac{1}{2}$ c. shredded
coconut)
9 inch pie shell

Mix together all ingredients and pour into the 9 inch pie shell. Bake at 350° for 40 to 45 minutes.

SNICKER ICE CREAM PIE

Lee Meier
Collegiate Presbyterian Church

20 Oreo cookies, crushed

3 Tbsp. margarine, melted

Mix and line pie pan.

$\frac{1}{2}$ gal. caramel nut crunch ice
cream (or any)
1 small jar caramel
butterscotch ice cream
topping

1 or 2 large Snickers bars
"Hot" fudge sauce, cooled

Spread half ice cream in pie pan lined with Oreo crust. Drizzle butterscotch over layer. Cut Snickers into bite-size pieces and lay on sauce. Drizzle fudge sauce over this. Layer rest of ice cream over top. Freeze. Top with

a few crushed Oreo cookies. Keep frozen. Thaw slightly before serving. When serving, drizzle tiny bit of fudge sauce over each piece.

Fudge Sauce:

2 oz. bitter chocolate
1/2 c. margarine

2 c. confectioners sugar
3/4 c. evaporated milk

Melt chocolate and margarine in pan on low. Add sugar and mix with milk until smooth. Low boil for 10 minutes.

BLACK BOTTOM PIE

Irene Beno
Joliet, IL

2 c. milk
4 egg yolks, beaten
1/2 c. sugar
1 1/4 Tbsp. cornstarch
1 1/2 sq. chocolate, grated
1 tsp. vanilla
1 c. whipped cream (optional)
1 pkg. Knox gelatine

1/4 c. cold water
4 egg whites
1/2 c. sugar
1/4 tsp. cream of tartar
1 Tbsp. rum or vanilla extract
1/2 sq. chocolate, grated
1 baked (10 inch) pie shell

Scald milk; slowly add egg yolks. Combine sugar and cornstarch; add to milk and egg mixture. Cook, stirring constantly, until mixture coats spoon (about 5 minutes). Remove from heat. To 1 cup of custard, add 1 1/2 squares grated chocolate and vanilla, mixing well. When cool, pour into a 10 inch baked pie shell and chill. Soften gelatine in cold water. Dissolve in remaining custard. Cool. Beat egg whites and cream of tartar until stiff. Gradually add sugar. Fold into custard. Add rum or vanilla extract. As soon as chocolate custard is set, pour on custard mixture. Chill until firm. Whip cream and spread on pie. Top with grated chocolate.

Note: To prevent a soggy crust, be sure pie shell is thoroughly cooled before adding pie filling which also has been cooled.

BEST PUMPKIN PIE

MaryAnne Beno
The Tribune

Filling:

**1 3/4 c. canned solid packed
pumpkin**
1 1/4 c. evaporated milk
2 eggs, beaten

3/4 c. sugar
1 tsp. cinnamon
1/4 tsp. salt

Topping:

1/2 c. flour
1/3 c. firmly packed brown sugar
3 Tbsp. butter flavored shortening
1/2 tsp. cinnamon

1/8 tsp. salt
1/2 c. chopped pecans
10 to 12 pecan halves
Sweetened whipped cream (optional)

You will need a 9 or 10 inch single pie crust.

For filling: Combine pumpkin, evaporated milk, eggs, sugar, cinnamon, and salt in large bowl. Stir until smooth and creamy. Pour into unbaked pie shell; set aside.

For topping: Combine flour, brown sugar, shortening, cinnamon, and salt. Mix with fork or pastry blender until coarse crumbs form. Stir in chopped pecans. Sprinkle evenly over or around edge of filling. Garnish with pecan halves.

Bake at 350° for 45 to 55 minutes, or until knife inserted in center comes out clean. Cool to room temperature before serving. Garnish with whipped cream, if desired.

APPLE WALNUT UPSIDE DOWN PIE

Jeanne Allen
Quilting Connection

Make pastry for favorite double crust pie.

Topping:

1/3 c. brown sugar
1/4 c. walnuts, chopped

1/4 c. margarine

Filling:

3 1/2 c. Granny Smith apples, peeled and sliced
3/4 c. sugar

1/2 tsp. cinnamon
1/8 tsp. salt
Dash of nutmeg

In bottom of ceramic or glass pie dish, melt butter and brown sugar. Stir well and add nuts. Put one crust on top of this; must have no holes or it will leak. Peel and cut apples into cubes; put in shell. Sprinkle on other ingredients. Top with other crust, rolling edges in for a good seal. Bake at 400° for 45 minutes. Carefully turn upside down immediately on a platter.

RHUBARB CRUNCH

Carolyn and Ralph Manning
Iowa State University Extension

6 c. diced rhubarb (fresh or
frozen)
3 Tbsp. flour
1 c. sugar

1½ c. flour
1 c. brown sugar
1 c. oatmeal
1 c. margarine

Mix first 3 ingredients and place in a 9x13 inch pan. Mix dry ingredients; cut margarine into mixture. Sprinkle mixture over rhubarb. Bake in a 375° oven until brown, about 55 minutes.

FRUIT CRISP

Carly Swanson
Ames Mighty Muskrats - 4-H Youth Volunteer

½ can any flavor canned pie
filling
¼ c. flour
¼ c. oatmeal

¼ c. packed brown sugar
¼ tsp. cinnamon
2 Tbsp. butter

Soften butter in microwave. Mix flour, oatmeal, brown sugar, and cinnamon together. Stir in butter until mixture is crumbly. Put pie filling in a separate dish. Sprinkle topping over pie filling. Microwave for 5 to 7 minutes. Let stand for 5 minutes; serve hot.

RHUBARB CRISP

Mrs. Mildred (Tommy) Cooper

1 c. flour
⅓ c. butter or margarine

1 c. sugar (brown)
4 c. diced rhubarb

Mix flour and sugar; add butter. Mix until crumbly. Spread rhubarb evenly over buttered shallow baking dish. Spread crumb mix over rhubarb. Bake in 350° oven for 45 minutes, or until rhubarb is soft and crumb mix is brown.

RHUBARB CRUNCH

Bryan Kopaska
Huxley Public Library

3 c. cut rhubarb
1⅓ c. granulated sugar
1 tsp. nutmeg
1½ Tbsp. flour
½ tsp. baking powder
½ tsp. baking soda

¼ tsp. salt
¾ c. flour
¾ c. brown sugar
¾ c. oatmeal
⅓ c. butter or margarine

Mix together first 4 ingredients and put in pan, 8x10 inches. Mix together next 7 ingredients until somewhat crumbly and put over fruit. Bake for 30 to 40 minutes at 350°. Eat warm or cold.

FRUIT PIZZA

Diane Bramble

Pillsbury sugar cookie dough
8 oz. cream cheese
½ c. sugar

2 Tbsp. pineapple juice
Assorted fruit

Glaze:

½ c. pineapple juice
½ c. water
1 Tbsp. lemon juice

½ c. sugar
1 Tbsp. cornstarch

Press cookie dough into pizza pan. Bake at 350° until golden brown (10 minutes). Cool. Spread on cream cheese, sugar, pineapple juice mixture. Layer your choice of fruit (kiwi, pineapple, blueberries, strawberries, grapes, bananas, raspberries, oranges, mango, etc.). Top with glaze which you cook and cool. You may need to add a little more cornstarch. Drizzle on top.

FUDGE PUDDING

Coleen Jones
Beta Sigma Phi

1 c. sifted flour
2 tsp. baking powder
½ tsp. salt
¾ c. sugar
2 Tbsp. cocoa
½ c. milk

1 tsp. vanilla
2 Tbsp. melted shortening
¾ c. brown sugar
½ c. chopped nuts
4 Tbsp. cocoa

Set oven at 350°. Grease a 9 inch pan. Combine all ingredients except the ¾ cup sugar and 4 tablespoons cocoa. Combine until well blended and pour into baking pan. Make a topping of the ¾ cup sugar and 4 tablespoons cocoa. Sprinkle over batter and pour 1¾ cups hot water over surface of uncooked batter. Bake at 350° for about 40 minutes. When baked, the cake will be on top and the chocolate sauce on the bottom. Cut into squares and serve cake side down. Garnish with whipped cream or ice cream. Serves 6.

RICE PUDDING

Charene Starcevic

In memory of Edna Senecaut

3 c. cooked rice

3½ c. milk

¾ c. sugar

6 eggs, beaten

½ tsp. salt

½ c. cooked raisins

1½ tsp. vanilla

Mix rice, milk, sugar, salt, raisins, and vanilla. Fold in beaten eggs. Cup into greased pan. Bake for 1 hour at 300°.

RHUBARB PUDDING

Donna Busch

Department of Correctional Services

2 c. rhubarb, cut in very small pieces

1 c. water

1 pkg. sugar-free vanilla pudding (not instant)

Mix all ingredients and cook until pudding is thick and rhubarb is done. Cool. Makes 4 servings.

LAURELIAN BLUE PUDDING

Tamara Soensken

The Tribune

1 c. pearl tapioca

4 c. grape or raspberry juice

2 c. fresh blueberries

2 c. granulated sugar

½ tsp. ground cardamom

Soak tapioca in juice for 30 minutes. Add blueberries, sugar, and spice. Bring to a boil in large pot over medium heat, stirring well until thick (about 10 minutes). Remove from heat and serve warm. Serves 6.

CARROT PUDDING

Deborah Blaedel

2 to 2½ c. cooked carrots, mashed

½ tsp. salt

1 c. sugar

½ stick butter, melted

2 heaping Tbsp. plain flour

¼ tsp. cinnamon

1 c. milk

3 eggs, well beaten

1 tsp. baking powder

Combine carrots with salt, sugar, and butter. Add remaining ingredients and mix. Bake at 350° for 1 hour in 1½ quart baking dish.

NO WEEP MERINGUE

Edna Heggen
Huxley Senior Citizens

1 Tbsp. sugar
1 Tbsp. cornstarch
1/2 c. water

3 egg whites
3 Tbsp. sugar

Cook sugar, cornstarch, and water in saucepan until thick and clear, stirring constantly. Set aside. Beat egg whites until frothy. Gradually add sugar and beat until very stiff. Add cookie mixture and mix in gently. Spread meringue on filling and bake at 350° for 15 minutes, or until browned.

CREAM CHEESE FROSTING

Theresa Krebs
ISU

4 1/2 oz. cream cheese, softened
3/4 oz. butter, softened

1 1/2 tsp. vanilla
3 c. sugar

Beat cream cheese, butter, and vanilla on low speed until light. Beat in sugar gradually until fluffy. May add milk to make spreadable consistency if desired. Makes 1 layer of frosting.

STRAWBERRY SOUR CREAM ICE CREAM

Herman Quirnbach
Ames City Council

2 (10 oz.) pkg. frozen
strawberries, thawed

4 c. sour cream
1 1/2 c. granulated sugar

Do not drain strawberry liquid. Mash up strawberry pieces (a few seconds in a blender works fine - but not longer). Mix strawberries, sugar, and sour cream together. Churn; freeze in ice cream freezer.

Comments: Adjust sugar to taste; use more if you use frozen berries that come without syrup.

ICE CREAM IN A BAG

Mindy Cooper
Ames Mighty Muskrats 4-H Club Asst. Leader

1/2 c. sugar
1 tsp. vanilla
2 c. milk
5 c. ice

3/4 c. rock salt
1/4 c. water
1 qt. plastic bag
1 gal. plastic bag

Place in a heavy duty 1 quart plastic bag the sugar, vanilla, and milk. Seal with duct tape. In a 1 gallon heavy duty plastic bag, mix together ice, rock salt, and water. Place the 1 quart bag inside the 1 gallon bag and seal.

Agitate until the ice cream is solid enough to eat (10 to 15 minutes). Remove the inside bag from the icy bag and rinse well before opening - don't want salt water to get inside bag of ice cream.

Note: Can work in groups when shaking the bags so arms don't get tired.

ICE CREAM DESSERT

Shirley Stakey
Iowa 4-H Program

1 (12 oz.) pkg. chocolate chips
2 c. miniature marshmallows
2 c. evaporated milk
Pinch of salt

Vanilla wafers, crushed
 $\frac{1}{2}$ gal. vanilla ice cream
Caramel sauce

Mix chips, marshmallows, milk, and salt. Cook over low heat or in microwave until all ingredients melt and mixture thickens. Set aside to cool. Crush vanilla wafers, about $1\frac{1}{2}$ cups. Line 9x13 inch pan with crumbs. Slice or spread 1 quart ice cream over crumbs. Add $\frac{1}{2}$ of chocolate sauce. Drizzle with caramel sauce topping. Add another layer of ice cream, about 1 quart. Top with remaining chocolate sauce. Decorate top with pecan halves or sprinkle with vanilla wafer crumbs. Return to freezer till ready to serve.

ICE CREAM

Sara Weber
Ames Mighty Muskrats 4-H

1 pkg. instant vanilla pudding
1 pkg. Dream Whip
2 c. sugar
4 eggs

1 Tbsp. vanilla
Milk
4 to 5 lb. freezing salt

Make instant vanilla pudding and Dream Whip according to directions. Mix sugar, eggs, and vanilla together. Fold these 3 mixtures together. Pour milk in until 2 to 3 inches from the top of container.

BAKED FRUIT

Rosalind Hess, Sheryl Ainslie
Marilyn Chevalier, Iowa United Methodist Secretaries Organization

Fruit:

1 large can pineapple slices
1 large can apricot halves
1 small jar maraschino cherries

1 large can peach slices
1 large can pear slices

Dressing:

$\frac{1}{3}$ c. sugar
 $\frac{1}{4}$ tsp. salt
1 c. orange juice

2 Tbsp. cornstarch
 $\frac{1}{2}$ c. light corn syrup
1 Tbsp. lemon juice

Drain fruit; arrange in baking dish. Pour dressing over and bake.

Cook dressing ingredients until thick and clear. Add 2 tablespoons margarine. Bake at 325° for 30 minutes in a 2 quart casserole. Serve warm. Makes 10 servings.

FROZEN AMARETTO CREAMS

Martha Anderson
Collegiate Presbyterian Church

1 (8 oz.) pkg. cream cheese
 $\frac{1}{2}$ c. sugar
 $\frac{1}{4}$ c. Amaretto
1 c. whipping cream

Fresh strawberries, raspberries,
and/or blueberries
Fresh mint leaves

Blend softened cream cheese, sugar, and Amaretto; fold in whipping cream. Mound mixture by $\frac{1}{2}$ cupful on cookie sheet lined with wax paper. Shape mounds into tart shapes. Freeze.

To serve, place frozen cup on plate and top with berries and a mint leaf.

BANANA FRITTERS

Deb Catron
Kelley, IA

1 c. flour
 $\frac{1}{2}$ tsp. salt
2 Tbsp. sugar
2 tsp. baking powder
1 egg

$\frac{1}{2}$ c. milk
2 tsp. oil
Bananas
3 Tbsp. sifted confectioners
sugar

Sift flour, salt, sugar, and baking powder. Beat egg, milk, and oil. Add to flour mixture. Cut bananas into 5 to 6 pieces. Roll bananas in extra flour and dip into batter. Deep fat fry for 3 to 4 minutes. Drain on paper towel. Roll in confectioners sugar.

FROSTED MERINGUE WITH KIWI FRUIT

Bernadine Mann
Choo-Choo Preschool

Pavlova (PAHV-loh-vah).

3 egg whites
¼ tsp. cream of tartar
½ tsp. vanilla
¾ c. sugar

1 c. chilled whipping cream
2 Tbsp. sugar
2 kiwi fruit, peeled and sliced*

Heat oven to 225°. Line bottom of round layer pan, 8 or 9 x 1½ inches, with brown paper. Beat egg whites and cream of tartar until foamy; add vanilla. Beat in ¾ cup sugar, 1 tablespoon at a time; continue beating until stiff and glossy. Spread in pan. Bake for 1½ hours. Turn off oven; leave meringue in oven with door closed for 1 hour. Finish cooling meringue at room temperature.

Loosen edge of meringue with knife; hit pan sharply on table to remove meringue. Invert onto plate (meringue will be crumbly on bottom and around edge). Remove paper. Beat whipping cream and 2 tablespoons sugar in chilled bowl until stiff. Frost side and top of meringue, building up edge slightly. Arrange kiwi fruit slices on top (I used strawberries, cut in halves, sliced part-way down, and fanned out - cut kiwi to use as berry leaves). Cut into wedges to serve. Makes 8 servings.

* 1½ to 2 cups fresh strawberries, cut into halves, raspberries, blueberries, or a combination of these can be substituted for the kiwi fruit.

CHOCOLATE PRETZELS

Rebekkah Nelson
4-H Blue Ribbon Winner Youth Volunteer

½ c. butter or margarine
½ c. granulated sugar
¼ c. unsweetened cocoa
powder
1 egg
¼ c. water
1 tsp. vanilla

2 c. all-purpose flour
2 (1 oz.) sq. semi-sweet
chocolate
2 Tbsp. butter or margarine
2 c. sifted powdered sugar
1 tsp. vanilla

Combine ½ cup butter, granulated sugar, and cocoa powder; beat in egg, water, and 1 teaspoon vanilla. Gradually add flour; mix well. Divide dough into 24 pieces. With hands, roll each piece to a 12 inch rope on lightly floured surface. Shape each rope into a circle, crossing about 2 inches from ends of rope. Twist rope to center of opposite side of circle, forming a pretzel shape. Place on an ungreased cookie sheet. Bake at 350° for 10 minutes. Cool on rack.

In small saucepan, melt chocolate and 2 tablespoons butter on low heat; stir constantly. Remove from heat. Stir in powdered sugar and 1 teaspoon vanilla. Blend in enough hot water till of glaze consistency. Working over frosting pan, spoon glaze (or use brush) over pretzels, dry on rack (add hot water to thin glaze). Makes 2 dozen.

RASPBERRY AND CHOCOLATE TRUFFLE TART

Jane Runneals
United Way

Crust:

1/2 c. sugar
6 Tbsp. butter or margarine,
softened

2/3 c. all-purpose flour
1/3 c. unsweetened cocoa
1/2 tsp. vanilla

Filling:

4 oz. semi-sweet chocolate
1 c. heavy cream
1 (12 oz.) can Solo fruit filling
(raspberry, strawberry,
apricot)

Whipped cream or Cool Whip
Fresh raspberries (optional)
Mint leaves (optional)

Preheat oven to 350°. Spray a 10 inch spring form pan with nonstick cooking spray. In medium bowl, beat sugar and butter until fluffy. Beat in flour, cocoa, and vanilla until soft dough forms. Press dough into bottom and up sides of pan. Bake for 9 to 11 minutes until firm. Cool completely. Remove sides of pan.

Filling: In micro-proof bowl, heat chocolate in microwave until melted; cool slightly. Using wire whisk, pour in cream. Whisk until smooth and blended. Stir in Solo filling. Spoon into tart shell and cool. Refrigerate until chilled. Spread whipped cream or Cool Whip on top of filling. Garnish with raspberries and mint leaves. Serves 12.

SNICKERS

1st layer - melt:

1 c. chocolate chips
1/4 c. butterscotch chips

1/4 c. peanut butter

Spread in bottom of 9x13 inch pan.

2nd layer - boil for 5 minutes:

1 c. sugar
1/4 c. butter

1/4 c. milk

Add:

$\frac{1}{4}$ c. peanut butter
1 tsp. vanilla

$1\frac{1}{2}$ c. marshmallow cream (7 oz. jar)

Pour over 1st layer.

3rd layer - melt:

1 ($11\frac{1}{2}$ oz.) pkg. caramels

4 Tbsp. cream or milk

Add $1\frac{1}{2}$ cups peanuts. Spread over 2nd layer.

Top layer - melt:

1 c. chocolate chips
 $\frac{1}{4}$ c. peanut butter

$\frac{1}{4}$ c. butterscotch chips

Spread over top. Chill in refrigerator overnight.

BANANA ROLL-UP

Donna Busch
Department of Correctional Services

3 Tbsp. flour
 $\frac{1}{3}$ c. powdered milk
 $\frac{1}{2}$ tsp. brown sugar
1 tsp. reduced calorie
margarine

$\frac{1}{2}$ tsp. baking soda
1 packet artificial sweetener
 $\frac{1}{8}$ tsp. cinnamon
 $\frac{1}{8}$ tsp. nutmeg
1 small banana, mashed

In small bowl, mix all. Spoon on a sprayed cookie sheet (will be 7 to 8 inch diameter). Bake at 350° for 10 to 12 minutes. Cool on rack for 5 minutes. Spread with 1 ounce creamed cheese, then roll up in jelly roll fashion. Spread with 3 teaspoons low-cal strawberry preserves. Add a 1 tablespoon dollop of Cool Whip; serve warm. This serves one and is approved by Weight Watchers.

EXCELLENT AND EASY COOKIES

Deb Galvin
Volunteer Center Board of Directors

1 cake mix (any kind)
 $\frac{1}{2}$ c. oil

2 eggs
2 c. chips (any kind)*

Add $\frac{1}{2}$ cup oil and 2 eggs to any cake mix. After completely mixing, add 2 cups of chips. Bake at 350° for 8 to 10 minutes.

* Can use 1 cup nuts and 1 cup chips.

Notes

Miscellaneous

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about $\frac{1}{2}$ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm, but not hard ball. It will flatten out a few minutes after being removed from the water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

MISCELLANEOUS



PICKLES, CANDIES, SPREADS

ZUCCHINI PICKLES

Alyce Holland
Volunteer Center

- | | |
|--|--|
| 8 c. unpared sliced zucchini | 1 glove garlic, crushed |
| 1 onion, sliced | $\frac{1}{2}$ tsp. curry powder |
| 1 small cucumber, sliced
(about 2 c.) | $\frac{1}{4}$ tsp. ground turmeric |
| $\frac{1}{4}$ c. uniodized salt | 1 stick cinnamon |
| 4 c. ice cubes | 2 slices fresh ginger root |
| 3 c. sugar | 1 Tbsp. whole allspice |
| 3 c. cider vinegar | $\frac{1}{2}$ sweet red pepper, minced |
| | 1 tsp. alum |

Combine zucchini, onion, and cucumber in large bowl; sprinkle with salt. Add ice cubes. Let stand for 3 to 4 hours; rinse and drain. Place vinegar, sugar, garlic, curry powder, and turmeric in large pan. Tie cinnamon, ginger root, and allspice in cheesecloth; add to mixture in pan. Heat to boiling; simmer, covered, for 15 minutes. Remove spice bag. Add zucchini, onion, cucumber, red pepper, and alum.

Heat pickle mixture to boiling; remove from heat. Place in 3 pint jars. Leave $\frac{1}{8}$ inch headspace. Process in boiling water bath 15 minutes.

SWEET PICKLES

Ethan Whited
Ames Building Beavers 4-H Club

- | | |
|---------------------------------|--------------------|
| 1 large jar Kosher dill pickles | 2 c. boiling water |
| 1 c. sugar | |

Slice and drain 1 large jar of dill pickles. Dissolve sugar in boiling water and pour over pickles. Refrigerate for 48 hours before serving.

PEANUT BUTTER FUDGE

Joyce O'Tool
Red Rock Community Action

- | | |
|------------------------|------------------------------|
| 3 c. white sugar | 1 (18 oz.) jar peanut butter |
| $1\frac{1}{2}$ c. milk | $\frac{1}{4}$ c. oleo |
| Sprinkle of salt | 1 tsp. vanilla |

Cook sugar, milk, and salt to 248°. Add peanut butter, oleo, and vanilla. Beat. Butter 9x13 inch cake pan; pour into pan.

DOUBLE DECKER FUDGE

Juanita Hovick
Bethany Manor

2 c. (12 oz. pkg.) Reese's
peanut butter chips, divided
¼ c. butter, melted
½ c. Hershey's cocoa
1 tsp. vanilla
4½ c. sugar

1 (7 oz.) jar marshmallow
creme
1½ c. (12 oz. can) evaporated
milk
¼ c. butter

Line a 13x9x2 inch pan with foil. Place 1 cup peanut butter chips in medium bowl; set aside. In second medium bowl, blend ¼ cup melted butter, cocoa, and vanilla until smooth; add 1 cup peanut butter chips.

In heavy 4 quart saucepan, combine sugar, marshmallow creme, evaporated milk, and ¼ cup butter. Cook, stirring constantly, over medium heat until mixture comes to a rolling boil; boil and stir for 5 minutes.

Remove from heat; immediately add half of hot mixture to bowl with peanut butter chips only. Pour remainder into cocoa mixture; stir to blend.

Beat peanut butter mixture until chips are completely melted; spread evenly in prepared pan. Beat cocoa mixture until chips are melted and mixture thickens. Spread evenly over top of peanut butter layer.

Cool; remove from pan. Remove foil; cut into squares. Store in airtight container in a cool, dry place. Makes about 4 pounds.

PEANUT BRITTLE

Thelma Hubbard
Ames Public Library

2 c. sugar
1 c. raw peanuts
1 Tbsp. butter

1 tsp. baking soda
½ tsp. salt

Grease pliable cookie sheet with butter (no substitute). Put sugar in small pan. On top of stove (not too high heat), melt sugar, stirring constantly. As soon as sugar is melted, add peanuts. Cook for about 1 minute. Remove from stove and add butter, baking soda, and salt. Mix. Immediately pour onto greased cookie sheet. Spread as you do this. When it is cool enough to handle, break up.

CREAM CHEESE MINTS

Charene Starcevic
Volunteer Center of Story County

3½ c. powdered sugar	¼ tsp. food coloring
3 oz. cream cheese, softened	¼ tsp. flavoring

Cream together; chill. Makes 25 to 75, depending on the size of molds.

CARAMEL CORN

Brenda Detar
City of Kelley

2 c. brown sugar	1 tsp. salt
2 sticks butter	1 tsp. baking soda
½ c. white corn syrup	Popcorn

Boil for 5 minutes the brown sugar, butter, syrup, and salt, then add baking soda. Pop a large bowl of popcorn and place popcorn in oven-safe pan. Pour caramel mixture over popcorn. Bake for 1 hour at 200°, stirring every 15 minutes.

NON-STICKY POPCORN BALLS

D.D. Gass
Camp Fire

1 lb. marshmallows	Large bowl popcorn
½ c. melted butter	

Melt together in double boiler. Pour over popcorn and form quickly into balls.

TOOTSIE ROLLS

Tamara Soensken
The Tribune

4 sq. baking chocolate	2 tsp. vanilla
1 stick margarine	1½ c. dried milk
1 c. white Karo syrup	2 lb. powdered sugar

Melt chocolate. Mix chocolate, margarine, syrup, and vanilla. Add milk and sugar; knead until smooth. Cut into serving sizes. Keep in airtight container.

STRAWBERRY PRESERVES

Marion Willoughby
Heartland Sr. Center - Ames

1 lb. pkg. frozen strawberries
(no sugar added)

1½ Tbsp. white vinegar
2 c. white sugar

Cut strawberries in small pieces in saucepan. Add vinegar; bring to boil, then boil for 3 minutes. Add sugar; bring to a boil, then boil for 8 minutes. Pour into bowl. Let set overnight, then put into containers.

GRAPE JELLY

Mindy Cooper
From my Grandma Cooper

5 c. grape juice
7 c. sugar

1 box Sure-Jell fruit pectin
½ tsp. butter or margarine

Add 1 box Sure-Jell fruit pectin and butter or margarine to fruit or juice. Bring mixture to full rolling boil over high heat, stirring constantly. Quickly add sugar to fruit or juice mixture. Bring to full rolling boil and boil for 1 minute, stirring constantly. Remove from heat. Skim off any foam. Fill all jars quickly to ½ inch of top. Wipe jar rims. Cover quickly with flat lids. Screw bands firmly. Heat process in boiling water canner for 5 minutes (cover jars 5 inches with boiling water - when boiling again, time for 1 minute). Remove from heat; lift out jars. Set out of draft to cool. When lids "pop," sterile jelly is sealed for proper preservation.

ZUCCHINI JAM

Dorathy E. Twedt
Story Co. Historical Alliance

6 c. grated zucchini
6 c. sugar
2 Tbsp. lemon juice

1 (20 oz.) can crushed
pineapple, well drained
2 (3 z.) pkg. apricot gelatin

Add 1 cup water to zucchini; bring to a boil and cook for 6 minutes. Add sugar, lemon juice, and pineapple. Cook for an additional 6 minutes. Add gelatin and cook for 6 more minutes. Seal in jelly glasses or pint jars. Makes approximately 9 (½ pint) jars.

CRAB APPLE JELLY

Mindy Cooper
Story County Photography Supt.

7 c. crab apple juice
9 c. sugar

1 box Sure-Jell fruit pectin
½ tsp. butter or margarine

Add 1 box Sure-Jell fruit pectin and butter or margarine to fruit or juice. Bring mixture to full rolling boil over high heat, stirring constantly. Quickly add sugar to fruit or juice mixture. Bring to full rolling boil and boil for 1 minute, stirring constantly.

Remove from heat; skim off any foam. Fill all jars quickly to $\frac{1}{2}$ inch of tops. Wipe jar rims. Cover quickly with flat lids. Screw bands firmly. Heat process in a boiling water canner for 5 minutes (cover jars 1 inch with boiling water - when boiling again, time for 5 minutes). Remove from heat; lift out jars. Set out of draft to cool. When lids "pop" the sterile jelly is sealed for proper preservation.

ZIPPY RHUBARB RASPBERRY JAM

Dawn Sly-Terpstra

Iowa State Fair - Blue Ribbon

2 c. chopped frozen rhubarb,
thawed
2 c. frozen raspberries, thawed
1 pkg. Sure-Jell fruit pectin

$\frac{1}{2}$ tsp. butter or margarine
6 c. sugar
Fruit jars

Combine rhubarb, raspberries, margarine, and fruit pectin in pot. Bring to a full boil over medium high heat, stirring constantly. Add sugar all at once. Bring to a full boil, stirring constantly. Boil for 1 minute. Skim foam if necessary. Pour into hot, sterilized fruit jars. Skim foam if necessary. Leave $\frac{1}{4}$ inch head space. Wipe lids and tops of jars. Seal jars. Process in hot water bath for 5 minutes. Makes 7 ($\frac{1}{2}$ pint) jars.

CATSUP

Veronica Johnson

Volunteer - Ames Public Library

5 qt. tomato pulp
2 tsp. cinnamon
1 tsp. paprika
1 Tbsp. ketchup spice
1 Tbsp. mustard
 $2\frac{1}{2}$ c. vinegar

2 tsp. pepper
3 Tbsp. salt
1 large onion
3 Tbsp. cold water
 $1\frac{1}{4}$ c. sugar

Tie the ketchup spice and onion in thin cloth bag. Mix mustard, cinnamon, paprika, and pepper. Add spice mixture to sugar; add this mixture to sieved tomato pulp.

Bring tomato mixture to boil and simmer for 1 hour. Add vinegar and water and salt. Simmer slowly until mixture reaches proper (desired) consistency (mixture will thicken slightly when cooled). Store in freezer or may be canned in pint jars.

GAME RECIPES

STUFFED PHEASANT BREAST

Dick Holtz
Shelter Insurance Co.

4 breasts of pheasant
4 oz. frozen spinach, chopped
4 oz. Mozzarella cheese
8 oz. button mushrooms
 $\frac{1}{4}$ c. heavy cream
1 garlic clove

1 shallot or $\frac{1}{4}$ of an onion
 $\frac{1}{4}$ c. olive oil
1 tsp. fresh thyme
1 tsp. fresh rosemary
 $\frac{1}{2}$ c. red wine

In saucepan, heat oil, then add mushrooms and cook till golden brown. Add garlic, shallot, thyme, and rosemary. Cook for 1 minute. Add red wine and reduce until wine is evaporated. Take these ingredients, put into blender and blend till puree. Put puree in saute skillet and add heavy cream and spinach. Cook until blended. Lay pheasant breast on its side; cut pocket into breast. Scoop stuffing into each pocket of pheasant breast. Brown the pheasant breast until golden brown. Bake in oven at 350° for 10 to 12 minutes more.

LACQUERED SALMON

Cottage on Broad in Story City

Marinade:

2 c. lite soy sauce
2 Tbsp. cornstarch
2 Tbsp. toasted sesame oil
2 Tbsp. fresh ginger root,
peeled and minced
2 Tbsp. dry sherry

1 Tbsp. honey
1 tsp. Tabasco
1 tsp. black pepper
2 garlic cloves, chopped
 $\frac{1}{2}$ tsp. ground turmeric

Other ingredients:

8 (8 oz.) salmon fillets (about 1
inch thick)
2 bunches green onions, ends
trimmed

$\frac{2}{3}$ c. water (optional)
Fresh parsley sprigs

Puree marinade ingredients in blender until almost smooth (can be prepared 1 day ahead - cover and refrigerate). Preheat oven to 400°. Lightly oil a 2½ inch deep pan and place salmon fillets. Add whole green onion bunches to pan. Pour half of sauce over fish. Bake until fish is cooked through, basting frequently with remaining sauce and adding the water to pan if sauce begins to burn, about 20 minutes. When done, remove salmon to serving plate; garnish with parsley sprigs.

PLANK SALMON

Dick Holtz
Shelter Insurance

You will need 6 ounce fresh salmon fillet. Go to a lumber yard and purchase a piece of maple wood 12 inches long, 5 inches wide, and 1 inch thick. Take wood home; rub it with vegetable oil and let set overnight, then place wood into oven and cook the wood for $\frac{1}{2}$ hour at 375° to season the plank (just do this once). Once your board is seasoned, you can use it over and over again.

Place fresh salmon fillet onto wood and season with salt and pepper. Place wood into oven and cook at 425° for 20 minutes. If you have your gratin's done beforehand, put them on the plank before roasting in oven. Once fish is done, we put a dollop of lemon butter on top of fish.

SWEDISH STYLE VENISON MEATBALLS

Dick Holtz
Shelter Insurance Companies

1 lb. ground venison
 $\frac{1}{2}$ onion, diced fine
3 eggs
 $\frac{1}{4}$ c. ketchup
1 tsp. sweet basil
 $\frac{1}{2}$ tsp. oregano
1 tsp. dill weed

1 tsp. beef base
2 (12 oz.) cans cream of mushroom soup
1 (8 oz.) sour cream
 $\frac{1}{2}$ pkg. saltine crackers, crushed

In mixing bowl, add venison, eggs, crushed crackers, basil, oregano, onion, and ketchup. Mix well, then roll into 1 inch balls. Place meatballs on cookie sheet and bake for 20 minutes at 350° . While meatballs are baking, place cream of mushroom soup, beef base, sour cream, and dill weed into crock pot. Once meatballs are cooked, drain excess grease and place in crock pot with sauce. Cook for 2 hours and serve.

VENISON KABOBS

Dick Holtz
Shelter Insurance Companies

8 oz. venison tenderloin
2 strips bacon, cut in thirds
2 Roma tomatoes, cut in quarters
1 bell pepper, cut in big pieces

1 small onion, cut in big pieces
4 mushrooms
2 c. Italian dressing
 $\frac{1}{4}$ c. soy sauce

Cut tenderloin into 2 inch chunks. On a skewer, place a mushroom, then meat, then balance vegetables. Keep alternating until skewer is full. Place skewer in cake pan. Mix Italian dressing and soy sauce together. Pour over kabobs. Let set for 2 hours in refrigerator, then grill kabobs.

SALMON-COTTAGE PIE

Ann Campbell

1 c. corn flake crumbs
4 Tbsp. melted butter
 $\frac{1}{2}$ tsp. dill weed or tarragon
 $7\frac{3}{4}$ oz. can salmon
1 c. cottage cheese
3 eggs, separated

$\frac{1}{2}$ c. cream
3 Tbsp. flour
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper
1 Tbsp. chopped chives
1 Tbsp. lemon juice

Combine crumbs, butter, and dill; press into bottom and sides of 9 inch pie pan. Empty salmon with liquid into bowl. Beat in cream, flour, salt, pepper, chives, and lemon juice. Beat egg whites until stiff. Fold into salmon mixture. Turn into crust and bake at 350° for 35 minutes.

PAN-FRIED WALLEYE

Dick Holtz

Shelter Insurance Companies

2 (6 to 8 oz.) walleye fillets
1 pkg. crushed saltine crackers
2 eggs, beaten
1 c. milk

1 tsp. lemon pepper
 $\frac{1}{2}$ c. flour
 $\frac{1}{2}$ lb. margarine

Mix eggs and milk together and whip well. Dust walleye fillets in flour, then place into egg/milk. Mix saltines and lemon pepper, then coat fillets with crumb mixture. In a skillet, at low heat, melt margarine. Add fillets to skillet and cook for 4 to 6 minutes per side or until golden brown.

BAKED PHEASANT

Doug Hall

American Family Insurance

2 pheasants
2 cans cream of golden
mushroom soup

1 stick butter
Salt and pepper

Salt and pepper lightly. Place in roasting pan. Pour can of soup over each bird. Preheat oven to 400° . Roast for 1 hour.

BACON WRAPPED DUCK

Doug Hall

American Family Insurance

4 breasts of duck
1 lb. bacon
Worcestershire sauce

Salt
Grill
Toothpicks

Cut breasts of duck into strips. Soak overnight in Worcestershire sauce and salt. Remove and dry. Cut bacon in half. Roll half strips bacon around strips of duck breast. Secure with toothpick. Cook for 2 to 3 minutes each side on grill. Serve hot. Season as desired.

BACON WRAPPED PHEASANT

Doug Hall
American Family Insurance

Pheasant breast
1 lb. bacon

Ranch dressing
Toothpicks

Cut breasts of pheasant into strips. Soak overnight in Ranch dressing. Remove; roll bacon around breast and lightly garlic, salt, and pepper. Secure with toothpick. Cook for 2 to 3 minutes each side on grill. Serve hot. Season as desired.

Notes

INDEX OF RECIPES

APPETIZERS, BEVERAGES

ANGEL FROST	12
APPETIZER PINWHEELS	4
ARTICHOKE DIP	1
ARTICHOKE DIP	1
BARBECUED MEATBALLS	10
BEEF ROLL-UPS	10
BRIDGE SNACK	2
CHEESE BALL	10
CHEESY HAMBURGER SALSA DIP	5
CHICKEN ENCHILADA DIP	4
CHILI BRIE IN SOURDOUGH	4
COWBOY CAVIAR	3
CRABMEAT APPETIZER	7
CRAB SPREAD	6
CRISPIX MEXICANO MIX	5
DEVILED HAM AND CHEESE BALL	9
DUST CUTTER	12
GRILL DIP	2
HAM BALLS	8
HAM ROLL-UPS	8
HOT CRAB DIP	7
HUMMUS	5
HUMMUS	6
ICED COFFEE ANGOSTURA	12
INSTANT SPICE TEA	13
KILLER DIP	2
MAKE YOUR OWN POTATO CHIPS	7
MEG'S DIP	3
MOLDED CRAB SALAD OR DIP	6
NIPPY POPPERS	8
OYSTER CRACKERS MIX	7
SAGE'S WATERMELON COOLER	11
SALSA SAUCE	3
SHERBET PUNCH	11
SHRIMP EGG ROLLS	9
SPARKLING STRAWBERRY PUNCH	12
TACO SALAD DIP	1
THE CARIBBEAN CRANBERRY	13
THE CHARGER	11
3 ROHR PUNCH	11
TROPICAL BREEZE	10
VEGETABLE DIP	1

SOUPS, SALADS

ANTIPASTO SALAD	37
APPLE COLE SLAW	39
APPLE SPINACH SALAD	39
BASIL DRESSING	44
BAVARIAN SALAD	43
BEEF STEW	19
CANADIAN CHEESE SOUP	23
CAULIFLOWER SALAD	34
CHEDDAR CHOWDER	23
CHEESE SOUP	24
CHILI BEEF	17
CHILI	16
CHILI	16
COLD CHERRY SOUP A LA BUDAPEST	29
COLD PASTA SALAD	30
COLE SLAW	34
CORNED BEEF SALAD	32
CRANBERRY SALAD	43
CREAM OF BROCCOLI SOUP	22

CREAM OF CHICKEN SOUP	24
CREAMY POTATO SOUP	21
CURRIED LENTIL SOUP	27
DAD'S SPICY CHILI	16
DILL POTATO SALAD	29
EASY FRUIT SALAD	41
EZ CHILI	15
FALL FEST CALICO BEAN SOUP	25
FIRE AND ICE	38
4 BEAN SALAD	36
FRESH GARDEN CUCUMBERS	34
FRIDGE SOUP	21
FROG EYE SALAD	41
FRUIT ICE SALAD	42
FRUIT SALAD DRESSING	44
GARDEN PASTA SALAD	30
GAZPACHO	25
GINGERED CHINESE NOODLE SOUP	28
GOURMET SOUP	27
GOURMET VEGETABLE SOUP	22
GRANNY SMITH APPLE SALAD	40
HEARTY BEEF-VEGETABLE SOUP	22
HOMINY SOUP A LA MEXICANA	28
HOT CHICKEN SALAD	32
INDIAN STEW	18
ISABELLE'S BEAN SALAD	36
ITALIAN PASTA SALAD	30
ITALIAN SAUSAGE WITH TORTELLINI	
SOUP	17
KARAWENDLE SOUP	19
LAYERED LETTUCE SALAD	35
LENTIL AND BROWN RICE SOUP	27
LEOLA'S PASTA SALAD	31
MACARONI AND SHRIMP SALAD	33
MANDARIN CHICKEN SALAD	33
MANDARIN ORANGE AND RED ONION	
SALAD	39
MARIT'S BLACK BEAN AND CORN	
SALAD	37
MEXICAN CORN SOUP	26
MINNESOTA WILD RICE SOUP	26
MOM'S SMOOTH AND MELLOW CHILLI	15
MOSTACCIOLI SALAD	31
ORANGE-PINEAPPLE DRESSING	44
PASTA SALAD	31
PASTA SALAD	32
PINEAPPLE DRESSING	41
PIZZA SOUP	18
QUART SALAD DRESSING	44
QUICK 'N' EASY PIZZA SOUP	18
RASPBERRY VINAIGRETTE	45
REUBEN CHOWDER	20
RIO VERDE SALAD	36
SEAFOOD BISQUE	21
SHOESTRING POTATO SALAD	29
SINFUL SALAD	40
SNICKERS BAR SALAD	43
SPINACH AND STRAWBERRY SALAD	38
SPINACH CHICKEN SALAD	33
STEAK SOUP	20
STRAWBERRY DELIGHT	42
STRAWBERRY-RHUBARB SALAD	42
STRAWBERRY SALAD	43
SUNSHINE SALAD	40
SWEET AND SOUR SALAD	35
TACO SALAD	35
TAPIOCA JELLO SALAD	42
TORTILLA SOUP	17

24 HOUR SALAD	40
WILD RICE SALAD	38
ZUCCHINI SIDE DISH	34
ZUCCHINI SOUP	25

VEGETABLES

BAKED BEANS (4 KINDS)	55
BARRON BUTTER CORN	50
BORANI-EH-BADEM JAN	57
BORANI-EH-ESFANAJ	56
BROCCOLI-CORN DISH	51
CARAMELIZED MUSHROOMS	53
CARROTS ALMONDINE	52
CHEESY POTATOES	49
CORN CASSEROLE	52
CORN RELISH	51
EASY BAKE POTATOES	48
FREEZER CORN	50
FROZEN SHREDDED POTATO CASSEROLE	47
GOLDEN PARMESAN POTATOES	48
HARVEST VEGETABLE PLATTER	53
HOLIDAY POTATOES	48
HOLIDAY VEGGIES	54
LEMON RICE	56
LOIS' CALICO BEANS	55
PAPRIKA POTATOES	47
PARTY POTATOES	47
POTATO DELIGHT	50
RICE CASSEROLE	56
ROAST POTATOES	50
SCALLOPED BROCCOLI	53
SCALLOPED CARROTS WITH VELVEETA	52
SCALLOPED CORN	51
SPECIAL SAUERKRAUT	54
SPECIAL SWEET POTATOES	49
SPINACH POTATO AU GRATIN	49
SWEET-SOUR CABBAGE	55
VEGETABLE SALAD	54

MAIN DISHES

AMIGO PIE	86
BACON BREAKFAST CASSEROLE	96
BAKED POTATO TOPPING	99
BAKED SPAGHETTI	72
BARBECUE BEEF SANDWICHES	109
BARBEQUED RIBS	108
BEANS AND PASTA	77
BENOIT'S BEEF AND BARLEY	70
BLACK FOREST PORK CHOPS	93
BOW TIE PASTA	81
BREAKFAST CASSEROLE	95
BREAKFAST FRUIT PIZZA	93
BREAKFAST OVERNIGHT CASSEROLE	95
BUBBLE PIZZA	74
CAJUN CHICKEN PASTA	63
CAMPBELL'S BEEF TACO BAKE	87
CANTONESE RIBS	108
CASSEROLE	81
CASSEROLE SAUCE MIX	73
CAVATINI	80
CHEESE GRITS	104
CHICKEN AND PASTA CASSEROLE	67
CHICKEN AND RICE CURRY	65
CHICKEN CASSEROLE	67
CHICKEN CASSEROLE	65

CHICKEN CREPE	62
CHICKEN DIABLE	64
CHICKEN ENCHILADAS	89
CHICKEN ENCHILADAS WITH SOUR CREAM	91
CHICKEN FAJITAS	89
CHICKEN OR TURKEY A LA KING	61
CHICKEN PARMESAN	61
CHICKEN POT PIE	63
CHICKEN, RICE, VEGETABLE CASSEROLE	66
CHICKEN SAUERKRAUT CASSEROLE	68
CHILI RELLENO SOUFFLE	102
CIDER GLAZED CANADIAN BACON	105
CONNECTICUT SUPPER	71
CORN BREAD TACO BAKE	87
CRAB CASSEROLE	103
CRAB QUICHE	104
CREAMY BROCCOLI LASAGNA	83
CRISPELLA ALLA BOLOGNESE	79
CROCK POT CHICKEN AND NOODLES	65
CROCK POT HAM AND POTATOES	106
DAD'S GOULASH	80
DENVER FISH FILLETS	102
DORIS' CHICKEN CASSEROLE	67
EASY LASAGNA	84
EASY PEPPERONI PIZZA	75
EGG CASSEROLE	96
EGGPLANT PARMIGIANA	100
ENCHILADA PIE	88
ENCHILADAS FANTASTICAS	90
EZ SLOPPY JOES	110
FARFALLE WITH CARROT, SAGE, AND SCALLION	100
5 CAN CASSEROLE	68
GOLDEN CHICKEN NUGGETS	62
GRILLED TURKEY TENDERLOIN WITH MARINADE	63
HAM AND BEAN BAKE	105
HAM BALLS	107
HAM BALLS	107
HOMEMADE NOODLES	104
HOMEMADE TAGLIATELLE WITH SUMMER SAUCE	98
HONEY-GINGER CHICKEN	61
HONEY OVEN PANCAKE	93
IMPOSSIBLE VEGETABLE PIE	99
JACK SPRAT'S RICE WITH BLACK BEANS	110
JALAPENO CHICKEN	90
KAY'S CHICKEN CASSEROLE CHERYLE	69
KING RANCH CHICKEN	64
KUKU-EH-SABZI	98
KUMLA AND HAM	106
KUMLA	107
LASAGNA	84
LASAGNE ROLL-UPS	84
LAWRENCE-ERICSON LASAGNE	83
LAZY DAY STROGANOFF	71
LIME CHICKEN	60
LINGUINE WITH ARTICHOKE SAUCE	97
MACARONI CASSEROLE	78
MARINADE FOR BEEF	109
MARINADE FOR GRILLING STEAK AND CHOPS	109
MEAL IN AN HOUR	80
MEAT LOAF	108
MEXICAN LASAGNA	86
MEXICAN PIZZA	75
MEXICAN-STYLE CHICKEN-FILLED TORTILLAS	89

MIDDLE EASTERN LENTILS WITH VEGETABLES.....	101
MOM'S SPAGHETTI.....	81
MY FAVORITE CHICKEN CASSEROLE.....	68
NEPALI DAL.....	97
NINE LAYER BRUNCH.....	94
NOODLES.....	104
NO PEEK CHICKEN.....	59
OVERNIGHT CASSEROLE.....	78
PANCAKES.....	94
PECAN CHICKEN BREASTS.....	60
PEPPERONI POTATOES.....	71
PEPPY LASAGNA.....	85
PITA PIZZA.....	75
PIZZA BY THE YARD.....	76
PIZZA CASSEROLE.....	74
PIZZA CASSEROLE.....	73
PIZZA CASSEROLE.....	73
PIZZA QUICHE.....	97
PORK CHOP CASSEROLE.....	72
PORK CHOPS BRAISED WITH SAGE AND TOMATOES - MODENA STYLE.....	92
PORK CHOP SCALLOP.....	91
PORK CHOPS WITH APPLE KRAUT.....	92
PORK CHOPS WITH RED KIDNEY BEANS.....	91
PORK STEAK CASSEROLE.....	72
QUICHE.....	94
QUICK BLACK BEANS AND RICE - FOR 2.....	101
QUICK LASAGNA.....	83
QUINOA AND VEGETABLES.....	100
RECOGNITION CHICKEN CASSEROLE.....	66
RISI E BISI.....	78
SHRIMP PIZZA.....	77
SPAGHETTI WITH BACON AND ONION.....	105
SPINACH LASAGNE.....	82
SPOON BURGERS.....	110
STIR-FRIED SHREDDED BEEF WITH GREEN PEPPER.....	70
STUFFED CHICKEN BREASTS.....	59
SWEET AND SOUR SAUSAGE KABOBS.....	106
TACO BAKE.....	86
TERESA'S BAKED PANCAKES.....	96
TEXAS TACOS.....	88
TEX MEX SKILLET SUPPER.....	88
THYMES REMEMBERED CHICKEN CASSEROLE.....	66
TUNA MELTS.....	103
TUNA NOODLE BAKE.....	103
TURKEY AND DRESSING CASSEROLE.....	69
TURKEY CRUNCH CASSEROLE.....	69
TURKEY DRESSING BAKE.....	69
TURKEY MEAT LOAF.....	64
UNLIKELY CHICKEN.....	59
VEGETABLE PIZZA.....	77
VEGETABLE PIZZA.....	76
VEGETARIAN LASAGNA.....	82
VEGGIE PIZZA.....	74

BREADS, ROLLS

ALWAYS TIME FOR HOME BAKED BREAD.....	134
APPLE BREAD.....	117
APPLE BREAD.....	119
APPLE STREUSEL MUFFINS.....	127
A TO Z BREAD.....	119

BAGELS.....	118
BANANA NUT BREAD.....	113
BANANA NUT BREAD.....	113
BEAU MONDE BREAD.....	119
BEER BREAD.....	111
BLUEBERRY CRUNCH BREAKFAST BARS.....	131
BREAD.....	114
BREAD FOR ALL REASONS.....	133
BREAD STICKS.....	113
BROWN SUGAR WHOLE WHEAT BREAD.....	121
CHEESE BREAD.....	111
CINNAMON COFFEE CAKE.....	125
CINNAMON LOAF.....	115
CLARA LYDELL'S RYE BREAD.....	116
COFFEE CAKE.....	123
CRANBERRY BREAD.....	117
CRANBERRY COFFEE CAKE.....	124
DILLY BREAD.....	111
DILLY CASSEROLE BREAD.....	120
EASY COFFEE CAKE.....	126
EASY KOLACHES.....	132
ENGLISH MUFFINS IN A LOAF.....	129
ESCHMANN'S COFFEE CAKE.....	126
FRENCH BREAD.....	116
FRENCH BREAD.....	115
GRANDMA'S ROLLS.....	130
GRANOLA BARS.....	133
HAWAIIAN BREAD.....	123
HERB OIL.....	134
HONEY OATMEAL BREAD.....	118
HONEY WHOLE WHEAT BREAD.....	121
KING AND PRINCE MUFFINS.....	128
LEMON POPPY SEED MUFFINS.....	127
MONKEY BREAD.....	115
MONKEY BREAD.....	112
MORNING GLORY MUFFINS.....	128
OATMEAL BREAD OR ROLLS.....	130
PINEAPPLE-CARROT WHEAT MUFFINS.....	127
PINEAPPLE-ZUCCHINI BREAD.....	123
PIZZA BREAD.....	114
PIZZA CRUST.....	132
PUMPKIN BREAD.....	117
PUMPKIN MUFFINS.....	128
RASPBERRY COFFEE CAKE.....	124
RASPBERRY COFFEE CAKE.....	125
RHUBARB MUFFINS.....	129
RUSSIAN BLACK BREAD.....	114
SHORT CAKE BISCUITS.....	131
60 MINUTE ROLLS.....	130
SOURDOUGH STARTER.....	122
SPELT YEAST BREAD.....	120
SUNDAY MORNING COFFEE CAKE.....	125
THREE C BREAD.....	112
TRIPLE-CHOCOLATE QUICK BREAD.....	122
WHOLE WHEAT ENGLISH MUFFINS.....	129

DESSERTS

APPLE CAKE.....	147
APPLE CAKE.....	144
APPLESAUCE CAKE.....	144
APPLE WALNUT UPSIDE DOWN PIE.....	182
APRICOTS DELIGHTS.....	173
BAKED FRUIT.....	187
BAKLAVA.....	162
BANANA FRITTERS.....	188
BANANA ROLL-UP.....	191

BANANA SPLIT CAKE	157	ICE CREAM	187
BEST PUMPKIN PIE	181	ICE CREAM DESSERT	187
BETTER THAN SEX CAKE	152	ICE CREAM IN A BAG	186
BIG SOFT SOUR CREAM COOKIES	141	ICE CREAM PUMPKIN PIE	176
BISHOP PIE	180	ITALIAN CREAM CAKE	149
BLACK BOTTOM PIE	181	JINGLE BELL BARS	158
BLACK FOREST CAKE	145	LAURELIAN BLUE PUDDING	185
BLACK FOREST CHEESECAKE	158	LEMON CAKE	152
BLACK FOREST FLAN CAKE	146	LEMON REFRIGERATOR CAKE	151
BROWNIES	165	LEMON SQUARES	161
BROWN SUGAR SHORTBREAD	138	MANDARIN ORANGE CAKE	148
BRYCE'S VERY CHOCOLATE		MOD MOCHA PIE	179
CUPCAKES	143	MOM'S BROWNIES	160
BUTTERFINGER DESSERT	169	MOTHERS' OATMEAL CAKE	147
CARAMEL CANDY BARS	165	NO BAKE COOKIES	139
CARROT PUDDING	185	NO BAKE MACAROONS	141
CASHEW CREAM COOKIES	139	NO WEEP MERINGUE	186
CHEESECAKE	155	O'HENRY BARS	163
CHEESE CAKE	158	ONE PAN TOFFEE BARS	163
CHERRY BARS	159	ORANGE PINEAPPLE CAKE	148
CHERRY BARS	162	PEACH DESSERT-COFFEE CAKE	146
CHERRY CHEWBIBLEES	174	PEANUT BUTTER COOKIES	136
CHERRY CHOCOLATE CAKE	157	PEANUT BUTTER PIE	179
CHERRY DELIGHT PIE	178	PECAN PIE	180
CHOCOLATE BALL COOKIES	135	PEPSI CAKE	156
CHOCOLATE CAKE	153	PINEAPPLE CAKE	147
CHOCOLATE CHIP DREAM BARS	160	PINEAPPLE DROP COOKIES	142
CHOCOLATE CHIP PUDDING CAKE	135	PINEAPPLE SHEET CAKE	154
CHOCOLATE CHIP PUDDING		PISTACHIO CAKE	157
COOKIES	139	POUND CAKE	156
CHOCOLATE COCONUT BARS	159	PUMPKIN BUTTER COOKIES	140
CHOCOLATE COOKIES	136	PUMPKIN CAKE - CREAM ROLL	155
CHOCOLATE DESSERT	172	PUMPKIN DESSERT	174
CHOCOLATE ECLAIR CAKE	145	PUMPKIN LOG	173
CHOCOLATE NUT PIE	176	PUMPKIN PATCH PIE	177
CHOCOLATE PRETZELS	189	PUMPKIN PIE SQUARES	163
CHOCOLATE PUDDING PIE FILLING	178	QUICK HOT FUDGE SAUCE	167
CHOCOLATE SAUCE	169	QUICKIE CHOCOLATE SAUCE	168
CHOCOLATE SAUCE	168	RAISIN OATMEAL COOKIES	142
CHOCOLATE TURTLE CAKE	144	RASPBERRY AND CHOCOLATE TRUFFLE	
CHOCOLATE UPSIDE DOWN CAKE	149	TART	190
CHOCO-PEANUT BUTTER BARS	164	RASPBERRY DESSERT	171
CHRISTMAS - VALENTINE COOKIES	135	RASPBERRY PRETZEL DESSERT	170
CINNAMON-APPLE CAKE WITH CARAMEL		RED CAKE AND ICING	151
SAUCE	150	RHUBARB BARS	167
COCONUT CAKE	152	RHUBARB CAKE	146
CREAM CHEESE FROSTING	186	RHUBARB CRISP	183
CREAM PUFF DELIGHT	170	RHUBARB CRUNCH	183
CREAM PUFF DESSERT	170	RHUBARB CRUNCH	183
CREAMY COCONUT PIE	177	RHUBARB CUSTARD PIE	177
CRESCENT PASTRY	174	RHUBARB DESSERT	172
DANISH APPLE BARS	161	RHUBARB OATMEAL BARS	164
DIABETIC APPLE PIE	175	RHUBARB PUDDING	185
EASY CHERRY SURPRISE	169	RICE PUDDING	185
EASY PEACH DESSERT	169	RICH 'N CHEWY BROWNIES	167
ECLAIR BARS	166	RUSKAS	138
EXCELLENT AND EASY COOKIES	191	RUSSIAN TEA CAKES	150
FAVORITE SUGAR COOKIES	142	SAN FRANCISCO DOUBLE CHOCOLATE	
FILLED BAR COOKIES	137	BROWNIES	165
FOUR LAYER DESSERT	172	7 LAYER BARS	159
FRENCH SILK PIE	175	SNICKER ICE CREAM PIE	180
FROSTED MERINGUE WITH KIWI		SNICKERS	190
FRUIT	189	SNOW BALLS	140
FROZEN AMARETTO CREAMS	188	STRAWBERRY CREAM PIE	178
FROZEN DESSERT	173	STRAWBERRY PIE	176
FRUIT CRISP	183	STRAWBERRY PIE	175
FRUIT PIZZA	184	STRAWBERRY SOUR CREAM ICE	
FUDGE PUDDING	184	CREAM	186
FUDGE STRIPE COOKIE SALAD	171	SUGAR COOKIES	136
HALFWAY COOKIES	137	SWEDISH KRINGLE RECIPE	137
100 SUGAR COOKIES	141	TARTSWEET RHUBARB CAKE	145

3 STEP CARAMEL PECAN CHEESE CAKE	150
TURTLE CHEESE CAKE	153
VERY QUICK LEMON SUGAR COOKIES ...	140
VICTORIAN CREAM WITH RASPBERRY SAUCE	168
WALNUT CAKE - TORTA DI NOCI	154
WHOLE WHEAT APPLESauce CAKE	155

MISCELLANEOUS

PICKLES, CANDIES, SPREADS

CARAMEL CORN	195
CATSUP	197
CRAB APPLE JELLY	196
CREAM CHEESE MINTS	195
DOUBLE DECKER FUDGE	194
GRAPE JELLY	196
NON-STICKY POPCORN BALLS	195

PEANUT BRITTLE	194
PEANUT BUTTER FUDGE	193
STRAWBERRY PRESERVES	196
SWEET PICKLES	193
TOOTSIE ROLLS	195
ZIPPY RHUBARB RASPBERRY JAM	197
ZUCCHINI JAM	196
ZUCCHINI PICKLES	193

GAME RECIPES

BACON WRAPPED DUCK	200
BACON WRAPPED PHEASANT	201
BAKED PHEASANT	200
LACQUERED SALMON	198
PAN-FRIED WALLEYE	200
PLANK SALMON	199
SALMON-COTTAGE PIE	200
STUFFED PHEASANT BREAST	198
SWEDISH STYLE VENISON MEATBALLS ...	199
VENISON KABOBS	199

Suggestions for Lowering Fat Content in Your Diet

FOOD CATEGORY	CHOOSE	DECREASE
Meat Fish Poultry	Lean cuts of meat with fat trimmed, such as: beef-round, sirloin, rump steak, loin Poultry without skin Pork tenderloin	"Prime" grade meats Fatty cuts, like: corned beef, brisket, short ribs, spareribs Goose, duck, organ meats, sausage, bacon, hot dogs, regular luncheon meats
Dairy Products	Skim milk, lowfat buttermilk, lowfat evaporated or nonfat milk Lowfat or nonfat yogurts and cheeses	Whole milk, cream, half & half, nondairy creamers, real or nondairy whipped cream, cream cheese, sour cream, ice cream, custard-style yogurt High-fat cheese, like: Brie, Swiss, American, Cheddar
Eggs	Egg whites, cholesterol and fat-free egg substitutes	Egg yolks (substitute 2 egg whites for 1 egg)
Fats Oils	Unsaturated vegetable oils (in limited quantities): corn, olive, peanut, canola, safflower, sesame, soybean Fat-free mayonnaise, cream cheese, and salad dressings Mustard and flavored vinegars (when cooking, use spray oils or nonstick pans and decrease amount of fat in recipe by $\frac{1}{3}$ or substitute applesauce for fat)	Butter, coconut oil, palm kernel oil, palm oil, lard, bacon fat
Breads Cereals Pasta	Breads like whole wheat, pumpernickel, rye, pita, bagels, English muffins, rice cakes Lowfat crackers and bread sticks Plain cereals (hot and cold) Spaghetti and macaroni Any grain Dried peas and beans	Croissants, butter rolls, sweet rolls, pastries, doughnuts, most snack crackers, granola-type cereals made with saturated fats, egg noodles, pasta and rice prepared with cream, butter, or cheese sauces
Vegetables Fruits	Fresh, frozen, canned (no salt added)	Vegetables prepared in butter, cream, or sauce Fruits served in glazes

Fat Facts

Reducing fat in the diet is a major focus in America today, and for good reason. A high fat diet can contribute to elevated blood cholesterol levels, a risk factor for heart disease. Excess dietary fat has also been linked to obesity and cancer. As a result, lower fat intake has become a priority for many.

Cholesterol is a fat-type substance found in all animal tissues. In adults, a blood cholesterol level below 200 milligrams per deciliter is desirable. A level above 240 milligrams is considered high. Blood cholesterol can also be broken into two categories: "good" and "bad" cholesterol. High density lipoproteins (HDL) are known as "good" cholesterol because of their

high protein content and low cholesterol content, and because people with higher HDL levels have a lower incidence of heart disease. Low density lipoproteins (LDL) contain more cholesterol than HDL and are responsible for cholesterol build-up on artery walls, thus earning the label "bad" cholesterol. A lowfat, low cholesterol diet, as well as exercise and being at a desirable weight, can help lower blood cholesterol levels and raise HDL levels.

Dietary fat can be divided into three different types: saturated, polyunsaturated, and monounsaturated. Foods we eat contain a mixture of these fats.

- **SATURATED FATS** are generally solid at room temperature. They have been shown to increase blood cholesterol levels. Saturated fats are primarily found in animal products such as butter, milk, cream, and lard. Some plant foods, such as palm oil, coconut oil, vegetable shortening, and some peanut butters also contain large amounts of saturated fats.
- **POLYUNSATURATED FATS** tend to lower blood cholesterol levels. These fats are found in high concentrations in vegetable oils, and are usually liquid at room temperature. Fats such as sunflower oil, corn oil, and soft margarines have large amounts of polyunsaturated fats.
- **MONOUNSATURATED FATS** have also been shown to decrease cholesterol levels in the blood. They can be liquid or solid at room temperature, and can be from plant or animal sources. Olive, peanut, and canola oils are high in monounsaturated fats.
- **DIETARY CHOLESTEROL** comes from animal sources such as meat, poultry, fish and other seafood, and dairy products. Egg yolks and organ meats contain high amounts of dietary cholesterol.
- **HYDROGENATION** is a chemical process in which hydrogen is added to unsaturated oils to make them firmer at room temperature. Hydrogenated fats such as shortening or margarine are more saturated than the oil from which they are made. When choosing a margarine, pick one with 2 grams or less saturated fat per tablespoon.

Heart Healthy guidelines include: (1) Limit total fat intake to 30% or less of total calories. (2) Of these calories, up to one-third can be saturated fat, and the remaining two-thirds should come from polyunsaturated and monounsaturated sources. (3) Limit daily cholesterol intake to 300 milligrams or less.

Calculating Percent Fat

To achieve a desirable percentage of total calories from fat, it is helpful to know how much fat is in individual foods. To determine the percentage of a food's total calories that come from fat, you can use the following formula. In order to calculate this percentage, you need to know the total calories and the grams of fat per serving, both of which are usually listed on the food label.

$$\frac{\text{grams of fat} \times 9^*}{\text{total calories}} \times 100 = \% \text{ of total calories from fat}$$

* Each gram of fat contains 9 calories. Multiplying grams of fat by 9 gives the total calories from fat. On food labels, this number has already been calculated, and is listed on the same line as total calories.

When reading a food package, the front of the label may not tell the whole story. For instance, a package of boiled ham might claim to be 96% fat free. From this information, the consumer might assume that the food contains 4% fat, which is well within the recommended guideline of eating foods with 30% or less of total calories from fat. Although the 96% fat free claim is truthful, it refers to the amount of fat by weight rather than by the food's total calories. To get a clearer picture, use the above calculation. The label of the boiled ham shows 60 calories and 2.5 grams of fat per serving.

$$\frac{2.5 \text{ grams of fat} \times 9}{60 \text{ total calories}} \times 100 = 37\% \text{ of total calories from fat}$$

By calculating the percentage of total calories from fat, you can make more informed decisions about the nutritional qualities of foods. In this case, the ham may be lower in fat than other ham products, but it is still above the 30% guideline. If you are trying to follow a lowfat diet, you should eat this food in moderation.

“Heart Healthy” Recipe Substitutions

ORIGINAL INGREDIENT	ALTERNATIVE	REDUCES:		
		TF	SF	C
1 pound ground beef	• 1 pound ground turkey	✓	✓	✓
1 ounce Cheddar, Swiss, or American cheese	• 1 ounce lowfat cheese • 1 ounce part-skim cheese (Mozzarella)	✓ ✓	✓ ✓	✓ ✓
1 egg	• 2 egg whites • ¼ c. low cholesterol egg substitute	✓ ✓	✓ ✓	✓ ✓
1 c. whole milk	• 1 c. skim milk	✓	✓	✓
1 c. cream	• 1 c. evaporated skim milk	✓	✓	✓
1 c. sour cream	• 1 c. nonfat sour cream • 1 c. plain nonfat yogurt • 1 c. lowfat cottage cheese plus 1 to 2 tsp. lemon juice, blended smooth	✓ ✓ ✓	✓ ✓ ✓	✓ ✓ ✓
1 ounce cream cheese	• 1 ounce nonfat cream cheese • 1 ounce Neufchatel cheese	✓ ✓	✓ ✓	✓ ✓
1 c. butter	• 1 c. margarine • 1 c. vegetable oil		✓ ✓	✓ ✓
1 c. shortening	• 7 oz. vegetable oil		✓	
1 ounce baking chocolate	• 3 Tbsp. cocoa powder plus 1 Tbsp. vegetable oil		✓	
roux: 1 part fat 1 part starch	• ½ part fat to 1 part starch	✓		
1 can condensed cream soup	<ul style="list-style-type: none"> • Mix together: ½ c. nonfat dry milk 2 Tbsp. cornstarch 2 tsp. low sodium chicken bouillon ¼ tsp. onion powder ⅛ tsp. garlic powder ¼ tsp. basil ¼ tsp. thyme ¼ tsp. white pepper 9 oz. cold water • Add the following if desired: ¼ c. chopped celery or ½ c. sliced mushrooms • Heat to a boil; stir frequently. • Per “can”: 215 calories, 1g fat, 8mg cholesterol, 200mg sodium 	✓	✓	✓

KEY:
TF = total fat
SF = saturated fat
C = cholesterol

Food Labeling Definitions

Government regulations give specific guidelines as to what words can be used on a food label to describe the product. Here is a list of these descriptive terms.

FREE A product must contain no amount or only an insignificant amount of one or more of the following: fat, saturated fat, cholesterol, sodium, sugar, and calories. The terms *no*, *without*, and *zero* can also be used.

Calorie-free: less than 5 calories per serving
Sugar-free or Fat-free: less than 0.5g per serving
Sodium-free: less than 5mg per serving

LOW This term can be used when referring to one or more of the following: fat, cholesterol, sodium, and calories. The terms *little*, *few*, and *low source of* can also be used.

Low calorie: 40 calories or less per serving
Lowfat: 3g or less per serving
Low saturated fat: 1g or less per serving
Low cholesterol: less than 20mg per serving
Low sodium: less than 140mg per serving
Very low sodium: less than 35mg per serving

LEAN Meat, poultry, and seafood containing less than 10g of fat, less than 4g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

EXTRA LEAN Meat, poultry, and seafood containing less than 5g of fat, less than 2g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

HIGH One serving of a product must contain 20% or more of the *Daily Value* (recommended daily intake of a nutrient).

GOOD SOURCE One serving must contain 10% to 19% of the Daily Value.

REDUCED A nutritionally altered product containing 25% less of a nutrient or of calories than the regular product. If the regular product already meets the criteria for *low*, a *reduced* claim cannot be made.

LESS A food that contains 25% less of a nutrient or of calories than a similar food. Cream cheeses that have 25% less fat than butter could use the term *less* or *fewer*.

LIGHT This term can still be used to describe food characteristics such as color and texture if the label makes the meaning clear; for example, *light brown sugar*.

The term also carries two other meanings:

-
- ◆ A nutritionally altered product that contains one-third less calories or half the fat of the original food
 - ◆ A food's sodium content has been cut by 50% or more
-

MORE A food using this claim must contain 10% more of the Daily Value of a nutrient than the reference food. To use the words *fortified*, *enriched*, or *added*, this standard must also be met.

UNSALTED, NO SALT ADDED, or WITHOUT ADDED SALT The sodium naturally found in the product is still there, but it has been prepared without the salt that is normally added.

Sodium

Sodium is a mineral used by the body to maintain a proper balance of water in the blood. Although it is a vital nutrient, the body needs very little sodium to stay healthy. Because it is found naturally in some foods and is added to many other foods, getting too little sodium is usually not a problem. A high sodium diet, on the other hand, can contribute to high blood pressure in some people. Reducing sodium intake in the diet may help prevent or control high blood pressure. It is hard to know who will develop high blood pressure, or who might benefit from eating less sodium. For these reasons, and because most individuals consume much more sodium than needed, it is generally suggested that we reduce sodium intake.

Table salt is the major source of sodium in our diet. It is made up of about half sodium and half chloride. An adult diet containing between 1,100mg and 3,300mg of sodium per day is considered adequate. One teaspoon of salt contains 2,000mg of sodium.

WAYS TO REDUCE DIETARY SODIUM

- ◆ Taste food before salting. Salt food only sparingly at the table.
- ◆ Cut back on sodium slowly to give the body time to adjust to less salty flavors. *Salt-craving* taste buds will eventually be replaced by new ones that do not have an affinity for salt.
- ◆ Choose foods that have little or no sodium added. In general, the more processed the food, the more sodium it contains. For example, processed turkey breast purchased at a deli has considerably more sodium than fresh turkey breast.
- ◆ In many recipes, the salt can be cut back or even eliminated without greatly affecting the taste. Experiment with recipes at home, using less salt each time and using low sodium substitutes for high sodium ingredients.
- ◆ Read labels on food packages. Compare the sodium content to similar items and to the recommended sodium intake for an entire day.
- ◆ Limit intake of high sodium foods such as cheeses, processed meats, soups, broths, snack foods, canned vegetables and vegetable juices, pickled vegetables, gravies, sauces, commercial casserole mixes, frozen dinners, and condiments. In many cases, lower sodium alternatives are available.
- ◆ When eating in restaurants, ask for foods to be prepared without added salt and request to have sauces, gravies, dressings, and condiments served on the side.
- ◆ Use herbs and spices instead of salt to enhance the flavor of foods. Check the label of seasonings to be sure they do not contain sodium. Use onion powder rather than onion salt, garlic powder instead of garlic salt. In place of seasoning salt, try commercially prepared herb and spice blends or make your own.

Low Sodium Seasoning Suggestions

	Allspice	Basil	Bay Leaves	Caraway Seed	Celery Seed	Chives	Curry Powder	Dill	Garlic	Ginger	Dry Mustard	Onion Powder	Oregano	Rosemary	Sage	Tarragon	Thyme
Beef	✓									✓	✓				✓	✓	
Pork				✓					✓						✓		✓
Veal			✓			✓				✓			✓				✓
Ground Meat	✓	✓			✓				✓		✓						
Poultry			✓			✓				✓			✓			✓	
Fish					✓	✓	✓									✓	
Eggs				✓		✓						✓	✓				
Soups/Stews	✓	✓	✓	✓	✓			✓				✓					✓
Sauces		✓											✓			✓	
Pasta				✓													
Rice		✓				✓						✓					
Popcorn								✓									
Asparagus				✓													
Beets				✓													
Broccoli											✓	✓					
Cabbage				✓				✓									
Carrots			✓	✓													
Cauliflower						✓										✓	
Green Beans							✓				✓						
Lima Beans					✓	✓									✓		
Potatoes										✓					✓		✓
Tomatoes		✓				✓		✓				✓					
Salads				✓	✓							✓					

Try this low sodium spice blend in your shaker instead of salt:

1 Tbsp. dry mustard
 1 tsp. garlic powder
 1½ Tbsp. onion powder
 ½ Tbsp. ground pepper
 ½ Tbsp. thyme, crushed

1 tsp. sage
 ½ tsp. marjoram, crushed
 1 Tbsp. paprika
 ½ tsp. basil, crushed
 ½ tsp. ground oregano

Food Safety Guidelines

Food safety is an important part of food preparation. Bacteria that cause food-borne illnesses are present in many foods. Fortunately, with proper handling and cooking of foods, the danger from these bacteria and the toxins they may produce can be greatly reduced.

Follow these safety guidelines to help protect against food-borne illnesses:

Keep the temperature in the refrigerator between 35° F. and 40° F. A freezer should be at 0° F. or below.

Thaw all meat, fish, or poultry in the refrigerator. Do not thaw on the kitchen counter. For faster thawing, a microwave can be used, but meat should be cooked immediately after thawing.

Cook all meat and poultry thoroughly. The following chart is a guide.



FOOD	MINIMAL INTERNAL TEMPERATURE
Ground Meat	160° F.
Ground Poultry	165° F.
Beef, Veal, Lamb	145° F.
Pork	160° F.
Poultry	170° F.

Cook fish until it is opaque, firm, and flakes easily with a fork.

Cook eggs until the white is set and the yolk is starting to thicken. Do not eat raw eggs or those with cracks in the shell. Separate the egg white from the yolk by using an egg separator or a slotted spoon rather than by using the shell.

Once cooked, hold food at temperature below 40° F. or above 140° F. Do not allow perishable food to sit between these temperatures for more than two hours. This is considered the *danger zone* at which bacteria can readily grow or produce toxins.

Cool foods such as soups, sauces, and gravies in shallow pans no more than two inches deep.

Keep raw animal products and their juices separate from other foods.

- ◆ Place raw meat on a plate or pan in the refrigerator to keep juices from dripping on other foods.
- ◆ Wash kitchen surfaces, utensils, and hands after they have been exposed to raw meat, poultry, fish, and eggs.
- ◆ Thoroughly clean cutting boards used for raw meat before using them for cooked foods or foods to be eaten raw, such as salad greens.
- ◆ Use a clean container to hold cooked meat. Do not reuse the container that held the raw meat without cleaning it first.

When roasting a turkey or chicken with stuffing, it is best to cook the stuffing in a separate pan instead of in the cavity of the bird. If you choose to stuff the bird, however, do so just prior to putting it in the oven. When checking for doneness, make sure a thermometer placed into the center of the stuffing reads at least 165° F.

Basic Guidelines for Losing Weight

There are many diets and weight loss products available for those struggling to lose weight. The sad reality, however, is that most diets do not work. In the long run, people often regain even more weight than they originally lost. There is hope for those who want to shed some extra pounds. The key to long-term weight reduction is gradual and permanent changes in lifestyle habits.

Decrease the amount of total fat eaten. Fat has more than twice the calories of carbohydrates or protein. Thus, even small amounts of high fat items such as butter, margarine, oil, sauces, and gravies can contain large amounts of calories. Dietary fat is also the nutrient most easily converted into body fat. Much of the carbohydrates and protein we eat are burned up before they can be stored as fat.

Eat a variety of foods and do not restrict certain foods from the diet. In general, it is not the occasional food that keeps someone from achieving a desirable weight; it is what is eaten on a daily basis. For example, limit dessert to one or two times per week instead of after each meal. Forbidding foods often makes them more desirable, and may undermine weight loss efforts.

Eat breakfast. People who eat breakfast are generally more successful at losing weight.

Try not to eat before going to bed. Food eaten at this time of day is often not burned up and is more likely to be stored as fat.

Eat single portions of food and give the body time to signal that it is full. Often we eat so fast that the second portion of food is almost gone before the body can signal that it was satisfied after the first.

Eat foods high in complex carbohydrates. This includes breads, cereals, pasta, rice and other grains, fruits, and vegetables. Although many weight loss diets in the past have limited starchy foods, it is the high fat items that often accompany these foods that inhibit weight loss efforts, not the starchy foods themselves.

Exercise. Aerobic exercise is an excellent way to achieve and maintain a desirable weight. Walking, jogging, biking, and rowing are examples of aerobic activities. Before beginning any exercise program, it is a good idea to consult a physician.

Do not starve yourself. Low calorie diets may slow a body's metabolism, making weight loss more difficult.

Lose weight slowly, 1 to 2 pounds per week is desirable. Most people who need to lose weight need to lose excess fat. The body cannot burn off more than a few pounds of fat per week. Faster weight loss is probably due to muscle breakdown.

Set reasonable weight goals. Despite our society's obsession with thinness, it is not practical for most of us to expect to have the body of a model. Instead, setting a goal which is achievable and maintainable may, over time, result in greater physical and psychological health benefits.

Understanding the Nutrition Facts Food Label

The **Nutrition Facts** food label is designed to help the consumer make nutritious choices when selecting foods. It can be found on most packaged products in the grocery store. Information about serving size, calories, and several nutrients help to give an overall picture of the nutritional qualities of each food. The label on the following page is a typical example, although some labels list additional nutrients.

Serving Sizes have been set at an amount that people would typically eat. If your normal serving is smaller or larger, adjust the nutrient values accordingly. Serving sizes are in standard household and metric measures. Metric abbreviations used on the label include:

g: grams - 28g = 1 ounce
mg: milligrams - 1,000mg = 1g
ml: milliliters - 30ml = 1 fluid ounce

Nutrients listed are those considered to be important to today's health conscious consumer. These include total fat, saturated fat, cholesterol, sodium, and fiber.

The **Percent of Daily Value** tells you if the food is high or low in a particular nutrient. It also shows how that food fits into an entire day's diet. Percent of Daily Values are based on a 2,000 calorie diet and on current dietary guidelines. An individual's daily values may be higher or lower depending on calorie needs. As a rule of thumb, if the Daily Value is 5% or less, the food contains only a small amount of that nutrient. For total fat, saturated fat, cholesterol, and sodium, foods with a low Percent of Daily Value are good choices.

Terms used on the label to describe the food's nutritional content have strict definitions set by the government. Eleven **Descriptive Terms** have been identified: *free, low, lean, extra lean, less, reduced, light, fewer, high, more, and good source*. Because precise guidelines must be met for a food to use one of these terms, you can be assured that the claim is believable. For example, if a food claims to be sodium free, it must have less than 5ml of sodium per serving.

Claims regarding a food's relationship to various health-related conditions must also meet specific guidelines. To make a health claim about fats and heart disease, a food must be low in total fat, saturated fat, and cholesterol. A food making a statement regarding blood pressure and sodium must be low in sodium.

The **Ingredients List** is located in a separate location on the label. Ingredients are listed in descending order by weight; thus, if the first ingredient is sugar, there is more sugar in that product than anything else.

See the
following page
for an example of the
Nutritional Facts Food Label.

The Nutrition Facts Food Label

Nutrition Facts

Serving Size 1 cup (228g)

Servings Per Container 2

Amount Per Serving

Calories 260 Calories from Fat 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 5g **25%**

Cholesterol 30mg **10%**

Sodium 660mg **28%**

Total Carbohydrate 31g **10%**

Dietary Fiber 0g **0%**

Sugars 5g

Protein 5g

Vitamin A 4% • Vitamin C 2%

Calcium 15% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

The Food Guide Pyramid

A Guide to Daily Food Choices

Fats, Oils, & Sweets
USE SPARINGLY



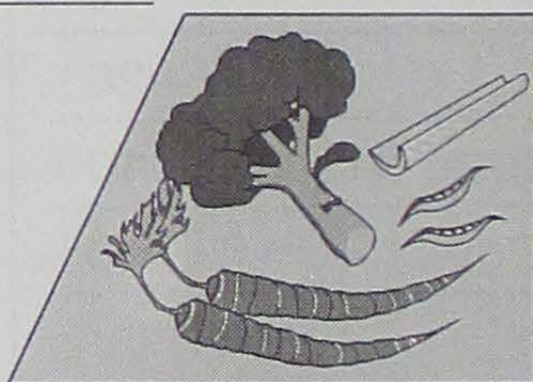
Milk, Yogurt,
& Cheese
Group
2-3 SERVINGS



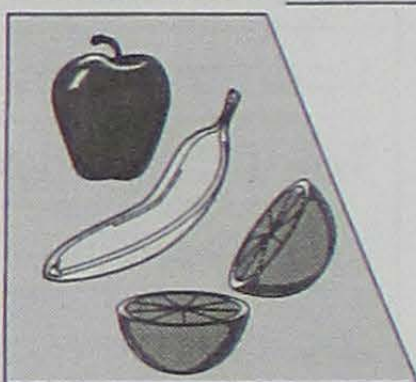
Meat, Poultry, Fish,
Dry Beans, Eggs,
& Nuts Group
2-3 SERVINGS



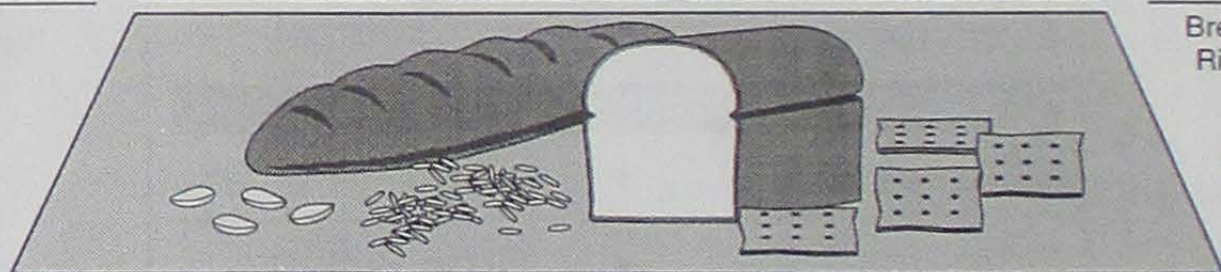
Vegetable
Group
3-5 SERVINGS



Fruit
Group
2-4 SERVINGS



Bread, Cereal,
Rice, & Pasta
Group
**6-11
SERVINGS**



What is the Food Guide Pyramid?

The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you.

The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain a healthy weight.

The Pyramid also focuses on fat because most American diets are too high in fat, especially saturated fat.

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JCPENNEY GOLDEN RULE AWARD



STORY COUNTY VOLUNTEER RECOGNITION

*"Volunteers are
Timeless Treasures"*

**Saturday
April 4, 1998**

**2:00 p.m. - 4:30 p.m.
Ames High School**

1:30 p.m.

Music.....Ireta Knapp,
Pianist

Welcome.....Charene Starcevic,
Executive Director of Volunteer
Center of Story County

Introduction.....Paul Scharfenkamp,
JCPenney Store Manager

Golden Rule Awards

Presentation.....Mel Crippen,
KASI

Harold Anderson, ACCESS

Andrew Brown, Iowa Games

Sonya Colvin, ISU Extension - Story County

Daniel Fjelland, Youth & Shelter Services

Doris Guy, Story County Chapter of the
American Red Cross

Organ Donor Program, Mary Greeley Medical
Center Auxiliary

Lynette Windsor, Boys & Girls Club of Ames

YSS Kid-Ability Team Coaches, Youth & Shelter
Services



Golden Rule Award Panel of Judges

Kathy Martin
John Kleinschmidt
Pat Banitt

2:45 p.m.

Introduction.....Margie Oldehoeft,
Director of Volunteer Services,
Mary Greeley Medical Center

Program.....Valerie Van Kooten



*"The Women of the Iowa Prairie
Meet Rosie the Riveter:
125 Years of Fashion in Iowa"*

Models.....Erin Swenson
Jamie Krambeer
Tricia Bolejack
Jennifer Raymond
Lisa French
Nicky Knutson
Carmen Chan
Angela Woon
Karena Cruse
Hanna Eastvold



A Cultural Resource for Iowans Since 1971

This event is funded by the Iowa Humanities Board & The National Endowment for the Humanities and is free and open to the public.

3:45 p.m.

PLEASE JOIN US FOR REFRESHMENTS IN THE AMES HIGH SCHOOL MULTI PURPOSE ROOM

Story County Volunteer Recognition is a courtesy of the following
agencies:

Ames Community Schools
Ames Public Library
Bethany Manor
Center for Creative Justice
Boys & Girls Club of Ames
City of Ames
United Way of Story County
HOMEWARD
Mary Greeley Medical Center Auxiliary
Heartland Senior Services
Loan Closet of Story County
Story County Chapter of the American Red Cross
Department of Human Services
Volunteer Center of Story County
ISU Extension - Story County
Riverside Manor
Gilbert Schools
ISU Volunteer Placement Center
Youth & Shelter Services
Retired & Senior Volunteer Program

THANK YOU, VOLUNTEERS FOR SUPPORTING VOLUNTEER AGENCIES IN STORY COUNTY

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